

## What is Cervical Cancer?

- Cancer is a disease where cells in the body change and grow out of control.
- When cancer starts in the cervix, it is called cervical cancer.
- The cervix is the opening of the uterus into the vagina.
- Cervical cancer is easy to prevent with regular screening tests and follow-up.

## What is HPV?

- Cervical cancer is caused by the human papillomavirus (HPV).
- HPV is a very common virus passed during sexual contact that most people will get at some point in their lives.
- HPV and cervical cancer do not usually have signs or symptoms.
- In most cases, HPV goes away on its own and will not cause problems.
- However, if the HPV infection does not go away, it can later lead to cancer.

## Get Screened for Cervical Cancer

- Cervical cancer is preventable with HPV vaccination and regular screening including Pap and/or HPV tests.
- When abnormal changes on the cervix are found early, they can be removed or treated before they ever turn into cancer.
- Everyone with a cervix age 21 to 30 should get a Pap test every 3 years.
- Beginning at age 30, routine screening includes a Pap test every 3 years, an HPV test every 5 years, or a Pap and HPV co-test every 5 years.
- After age 65 you may be able to stop screening if you have had 10 years of normal results.
- Ask your medical provider what screening schedule is right for you.

## FREE Cervical Cancer Screening

If you are 21 years old or older, have low income, do not have insurance, or have limited insurance, and live in California, you may be able to get free screening through the EWC Program. To learn more, call: [1-800-511-2300](tel:1-800-511-2300) or visit: [dhcs.ca.gov/EWC](http://dhcs.ca.gov/EWC)

## FREE HPV Vaccine

For information about the HPV vaccine, visit the CDC website: <http://bit.do/HPVinfo>