JANUARY, SEPTEMBER AND OCTOBER

GET CHECKED. CATCH IT EARLY.

1

BOOK IT

Pap smears are free at public clinics at 30, 40 and 50.

2

CHECK IT

See a clinic about any breast lump or change, even if it does not hurt.

3

CATCH IT EARLY

Cervical cancer is largely preventable. Screening helps.

SEE A CLINIC ABOUT

- A breast lump
- Skin or nipple changes
- Pap smear at 30, 40 and 50
- Mammogram yearly from 40
- Results stay private

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

To arrange time for screening, speak to: _____

CERVICAL CANCER: JANUARY AND SEPTEMBER. BREAST CANCER: OCTOBER.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: CANSA cervical and breast cancer pages; WHO cervical and breast cancer fact sheets; National Department of Health; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.