AUGUST · NATIONAL WOMEN'S MONTH

# YOUR HEALTH MATTERS.
# GET CHECKED.

1

## CHECK

Nearly half of South African women have high blood pressure.

2

## SCREEN

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

3

## TELL US

Pregnant? Tell us so we can make your job safe.

## YOUR HEALTH MATTERS

Check your blood pressure

Free Pap smears at 30, 40 and 50

Pregnant? Tell us

Heart signs can differ

GBV: 0800 428 428

Ambulance from a landline **10177**

Emergency from a cellphone **112**

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

**For confidential support at work, speak to:** _____

## NATIONAL WOMEN'S DAY: 9 AUGUST.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: SADHS 2016; CANSA; WHO; Basic Conditions of Employment Act; Harassment Code; Department of Justice GBV Command Centre; Western Cape Government emergency numbers.

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