

# Taking Care of Yourself at Work as a Nail Technician

- Wear a mask and nitrile gloves when working.
- Take breaks outside the salons or move to where the air is fresher.
- Do not eat or drink at your workstation.
- Use dispenser bottles to limit the evaporation of chemicals from nail products.
- Always keep lids of trash cans closed.
- Do stretching to release muscle tension in between clients.
- If a health issue arises, see a doctor as soon as possible.

If you need assistance in making cancer screening appointments and/or accessing cancer screening information, please call or text NTN at (416) 779-7666.

## Community Resources



Scan for more info on cancer screening



Wechat 647-636-6292



IG @nail.technicians.network




facebook.com/nailtechnetwork



pqwchc.ca/nails



750 Dundas St W, Toronto  
2<sup>nd</sup> Floor, Suite #280



# CERVICAL CANCER SCREENING

Nail Technicians'  
Network (NTN)

[www.pqwchc.org/nails](http://www.pqwchc.org/nails)



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PARKDALE  
QUEEN WEST  
Community  
Health Centre

# CERVICAL CANCER SCREENING

## Human Papillomavirus – HPV Test

### What is Cervical Cancer?

Cervical cancer develops in the cervix and is almost always caused by human papillomavirus (HPV). HPV is passed through sexual contact. It is common and often will go away on its own without causing any harm. Some types of HPV will cause cell changes that may turn into cervical cancer.

### What is Cervical Cancer Screening?

It is a test to check for types of HPV that can sometimes cause cervical cancer. It also checks for cell changes in the cervix caused by these types of HPV.

*Note: Starting March 2025, HPV screening has replaced PAP test because it is better at helping prevent cervical cancer.*

### Who Should Get Screened?

- People age 25 and older who have a cervix
- Have ever had sexual contact with another person
- Have **NO** symptoms, such as unusual vaginal bleeding or discharge (clear/yellow fluid) from the vagina.
  - If you have one or more symptoms, it may not mean that you have cancer. It is important that you go see a doctor as soon as possible.

## What Else You Should Know About Screening

- You should still get screened even if you
  - Feel healthy, have had the HPV vaccine, had gone through menopause, have not had any family members with cervical cancer
  - Have had no sexual contact, one sexual partner or the same sexual partner for a long time; or are in a same sex relationship
- Most people who qualify should get screened once every 5 years.
- You may need to be screened once every 3 years if you have a weakened immune system. Talk to your doctor about this.
- Most people can stop cervical screening from age 65 to 69. Talk to your doctor.

## Lowering your Risk

- Getting screened regularly
- Having the HPV vaccination (age 9 to 45 years of age)
- Safer sex practices: use condoms, limited sexual partners
- Quit smoking/remain smoke free
- To learn more about risk factors, go to My CancerIQ:  
[www.mycanceriq.ca/About/CervicalCancer](http://www.mycanceriq.ca/About/CervicalCancer).
  - If you want to have a personalized risk assessment, scroll to the bottom of the page and click the link to “Take Our Cervical Cancer Assessment”.

## Making a Cervical Cancer Screening Appointment

- Call your doctor to make an appointment.
- If you do not have a doctor, you can:
  - Call Health811 at 811 to find a clinic that offers cervical screening.
  - Visit [health811.ontario.ca/static/guest/find-a-service](http://health811.ontario.ca/static/guest/find-a-service), then type “cervical screening test” in the first box and your home/work address in the second box and click “search”.
  - Bay Centre Sexual Health (Women’s College Hospital) at 416-351-3700
  - IWHC Toronto (formerly Immigrant Women’s Health Centre) at 416-323-9986

## During the Cervical Cancer Screening Test

A sample of cells is collected from the cervix by using a small soft brush. It feels like getting a Pap test.

## After the Cervical Cancer Screening Test

- You will get the screening result by mail.
- The clinician, your doctor or whoever did the screening will get a copy of your screening result. They can answer your questions and speak with you about next steps if needed.