



CANCER AWARENESS

GRAPHIC 1



CAPTION: Cancer screening may find cancers early when they can be easier to treat. Talk to your health care provider about getting screened for breast, cervical, and colorectal cancer.

www.health.ny.gov/diseases/cancer/screening/

GRAPHIC 2



FACEBOOK/INSTAGRAM

CAPTION: Cancer is the second leading cause of death in NYS, but it doesn't have to be. Make changes to take charge of your health and lower your risk for cancer or find it early when it can be easier to treat. health.ny.gov/diseases/cancer/screening/

- Quit smoking or don't start.
- Eat plenty of fruits, vegetables and whole grains.
- Skip the alcohol or only drink in moderation.
- Protect your skin from the sun and avoid tanning beds.
- Move your body at least 20 minutes a few days each week.
- Get regular cancer screenings.
- Get vaccinated against human papillomavirus (HPV)

TWITTER/X

CAPTION: Cancer is the second leading cause of death in New York State, but it doesn't have to be. Take charge of your health and lower your risk for cancer. health.ny.gov/diseases/cancer/screening/



GRAPHIC 3



FACEBOOK/INST.

CAPTION: Some cancer screenings can prevent cancer or find cancer early when it may be easier to treat. Talk to your health care provider. If you do not have insurance, contact the Cancer Services Program to see if you qualify for free breast, cervical and colorectal cancer screening. Call 1-866-442-2262. health.ny.gov/diseases/cancer/services/

TWITTER/X

CAPTION: Uninsured and underinsured New Yorkers may qualify for free breast, cervical and colorectal cancer screening. Call 1-866-442-CANCER for more information. health.ny.gov/diseases/cancer/services/

GRAPHIC 4



CAPTION: 🌞 Now that warm weather is here, you may be spending more time outside. Remember to be sun safe to lower your risk for skin cancer. health.ny.gov/environmental/tanning/sun_safety.htm

GRAPHIC 5



CAPTION: The HPV vaccine protects children from several types of cancer later in life. The vaccine works best when given before children are exposed to HPV (human papillomavirus). Talk to their health care provider about starting the HPV vaccine at age 9! health.ny.gov/diseases/communicable/human_papillomavirus/



Public Health Toolkit

Social Media



Department
of Health