**#NoFearSmear**

**Social posts**

If you feel nervous before going for your smear test, you're not alone. We have tips that can help make the appointment easier #NoFearSmear

There are things you can do that will help make your smear test easier. Find information on cervical screening: [www.getcheckedearly.org](http://www.getcheckedearly.org) #NoFearSmear

Worried about your smear? There are things you can try that may help. Find out more: [www.getcheckedearly.org](http://www.getcheckedearly.org) #NoFearSmear

It’s important to attend your smear, even if your menopausal or post-menopausal. The test can help stop cervical cancer before it starts #NoFearSmear

If you’re nervous about your smear, talk it through with your GP or nurse. Telling them means they can give you the right support #NoFearSmear