

National Cervical Screening Campaign 2024-25

Own It.

Toolkit for the
Mandarin speaking
community



Disclaimer / IP

These materials are provided on the condition that they must be used for their intended purpose of promoting cervical screening.

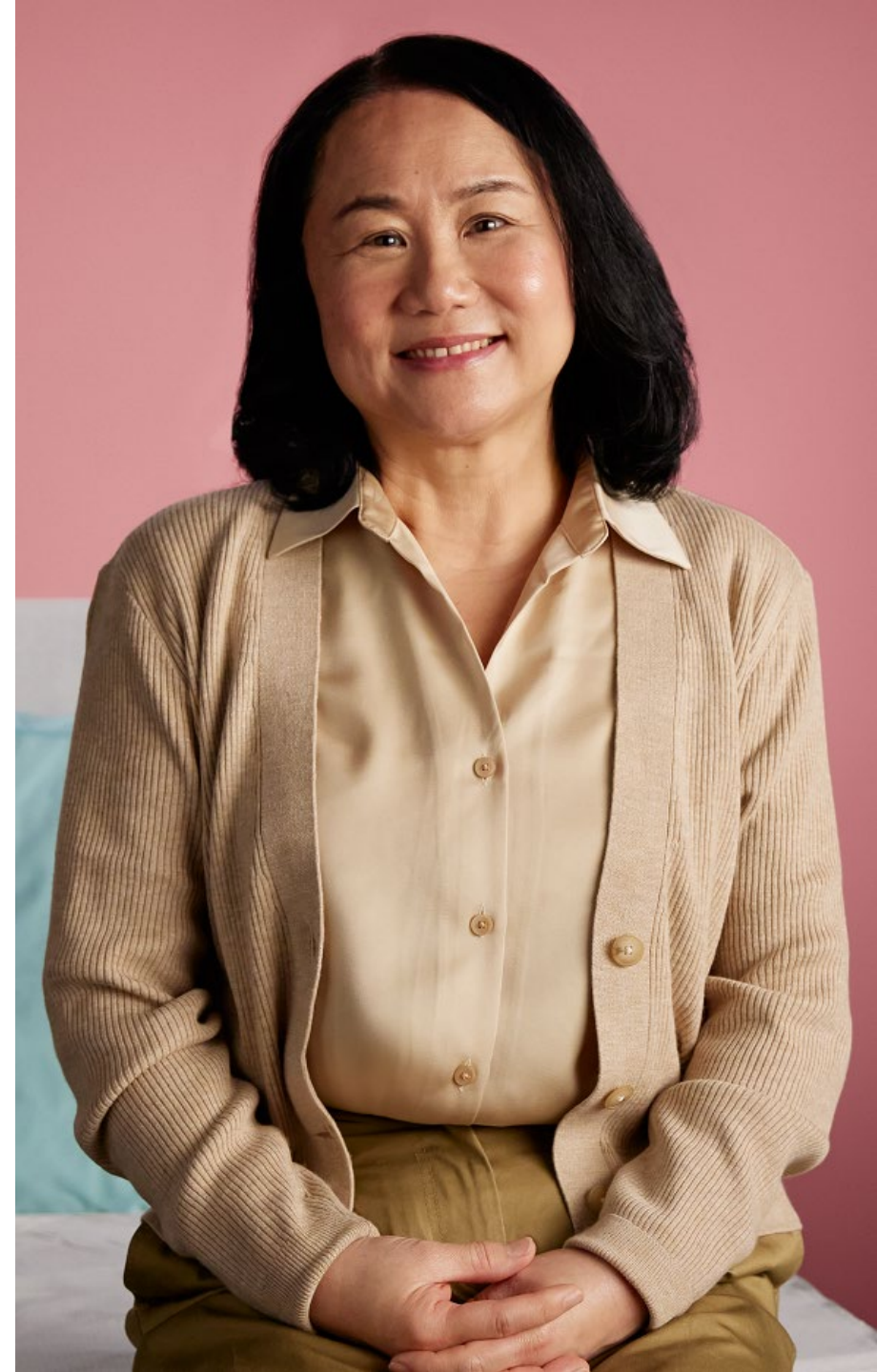
Own It Cast/ Talent's images and their quotes have been obtained with consent specific to promoting cervical screening and the Own It campaign. These images and quotes are not for use outside the specifics of this campaign.

About this toolkit

This toolkit is designed to equip community organisations with communication tools and resources to promote cervical screening and further the reach of the Own It campaign.

The toolkit comes with images, posters, resources, and DIY content for you to use.

For media enquiries please email ownit@slingandstone.com



早日消除宫颈癌，不让任何人掉队

澳大利亚四家全国领先的卫生组织，有史以来首次与联邦政府协作，致力于早日在澳大利亚消除宫颈癌，并确保不让任何人掉队。

澳洲子宫颈癌预防中心（Australian Centre for the Prevention of Cervical Cancer - ACPCC），全国原住民社区主管卫生组织（National Aboriginal Community Controlled Health Organisation – NACCHO），ACON，以及澳洲多元文化健康合作组织（Australian Multicultural Health Collaborative）将在澳大利亚政府的资助下，联合大力宣传澳大利亚领先世界的HPV（人类乳头瘤病毒）自我检测法，旨在提高全民宫颈筛查率。

澳大利亚预期在2035年成为世界上第一个消除宫颈癌的国家。但是，部分社区中的某些群体的筛查参与率低于其他群体。

调查显示，虽然宫颈筛查可能挽救生命，但是来自原住民，多元文化社区以及LGBTQ+群体背景的女性和有宫颈的人士参与宫颈癌筛查的意向相对较弱。残障人士群体中也存在同样的问题。

超过70%的宫颈癌病例发生在从未接受过筛查或没有定期做检测的人群中。对于25至74岁的女性或有宫颈的人士来说，每五年进行一次常规筛查对于早期发现和预防宫颈癌至关重要。

自行采样的方式帮助女性克服了以往筛查中带来的种种不适，包括恐惧窥器插入阴道内或对医生采样的顾虑，使女性第一次能掌控筛查的过程。仅在2024年上半年，就有近20,000名首次参与筛查的人士选择自行采样检测。与此同时，有37,500名逾期未做筛查的人士完成了自行采样检测。



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Get the word out: images and video.

- Download social media tiles in the community toolkit.
- Embed a video from [the campaign YouTube](#).

Facebook

- @ownit.org.au
- @amhcollab
- @healthgovau
- @ACON

Instagram

- @ownit.org.au
- @amhcollab
- @healthgovau
- @ACON

LinkedIn

- @amhcollab
- @healthgovau
- @ACON

TikTok

- @ownit.org.au
- @healthgovau
- @ACON



Get the word out: carousel images.

By posting four social media tiles, you can create a 'carousel' on Facebook and Instagram. This allows more information to be shared on the images without cluttering the space. These images are available in the community toolkit.



Get the word out: social media content.

Short content you can cut and paste or adapt for social media to help us spread the word.

In English...	In Mandarin ...
Learn how to prevent cervical cancer with regular screenings.	定期筛查能够预防癌症
Know the symptoms of cervical cancer and seek medical advice.	了解宫颈癌症状并获取医疗建议。
Schedule your cervical screening today for peace of mind.	为自己带来一份安心，今天就安排做宫颈筛查。
Learn about cervical cancer treatment options and support.	了解宫颈癌治疗方案和支持服务。
Early detection of cervical cancer can save lives. Get screened.	尽早发现宫颈癌可能挽救生命参加筛查检测。
Prevent cervical cancer with early detection and regular screenings.	尽早发现和定期检测能够预防宫颈癌。
Understand the risk factors of cervical cancer and stay informed.	了解宫颈癌风险因素，掌握最新健康情况。
Take the cervical screening test and ensure your well-being.	做宫颈筛查检测，保障你的健康。
Take Control of Your Screening	筛查方式由你掌控
Don't Miss Your Screening Test	不要忘记做筛查检测
Cervical Screening Saves Lives	宫颈筛查可以挽救生命
Have You Had a Cervical Test?	已经做了宫颈筛查检测吗？

Get the word out: social media content.

Short content you can cut and paste or adapt for social media to help us spread the word.

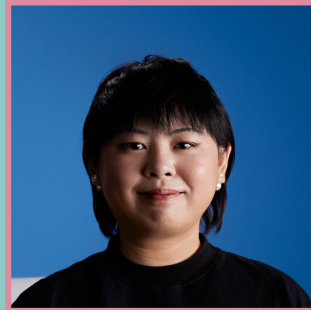
In English...	In Mandarin...
Prevent cervical cancer. Get screened every 5 years. Book your test now.	预防宫颈癌。每隔5年检测一次马上预约检测。
HPV causes most cervical cancers. Early detection can save lives. Get screened.	HPV导致大部分宫颈癌。尽早发现可能挽救生命。参加筛查检测。
Cervical screening is quick and simple. Protect your health by scheduling today.	宫颈筛查快速简单。保护你的健康，今天就安排做检测。
Regular cervical tests can prevent cancer. Find a clinic and book your screening.	定期宫颈检测可以预防癌症。查找检测诊所并预约。
Prefer privacy? Do your own cervical test with a simple self-swab. Book today.	保护隐私？使用简单的自取样拭子做宫颈检测立即预约。
Self-swab cervical tests are easy and convenient. Book your screening now.	宫颈自取样筛查简单方便。立即预约筛查。
Choose a self-swab to screen for cervical cancer	选择自取样方式做宫颈癌筛查
Self-sample for HPV testing—protect yourself with a simple, quick self-swab.	自取样HPV检测 — 自取样拭子简单易用，保护你的健康。
Early Detection Saves Lives	尽早发现才能挽救生命
Take Control of Your Screening	筛查方式由你掌控
Book Your Screening Now	立即预约筛查

Get the word out: meet our talent.

Stories from people who volunteered to help us raise awareness of cervical screening.

Riva

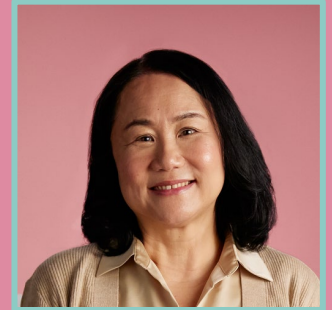
Riva's previous cervical screenings were uncomfortable and made her feel vulnerable. She chose to talk to her doctor about the option to self-swab.



"Self-swab is an option that gives me control over my screening experience."

Wendy

Wendy didn't know much about her options for doing the Cervical Screening Test. She chose to talk to her doctor about her choices.



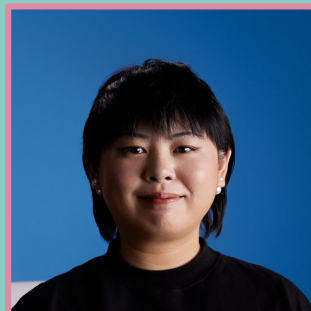
"Understanding all of my options gave me confidence to pick the one that suits me best."

Get the word out: meet our talent.

Stories from people who volunteered to help us raise awareness of cervical screening.

Riva

Riva以前每次做宫颈筛查检测时都会感到不适和忐忑不安. 她选择与医生聊一聊是否可以自行采样.



“行采样让我在做筛查检测时有自主权.”

Wendy

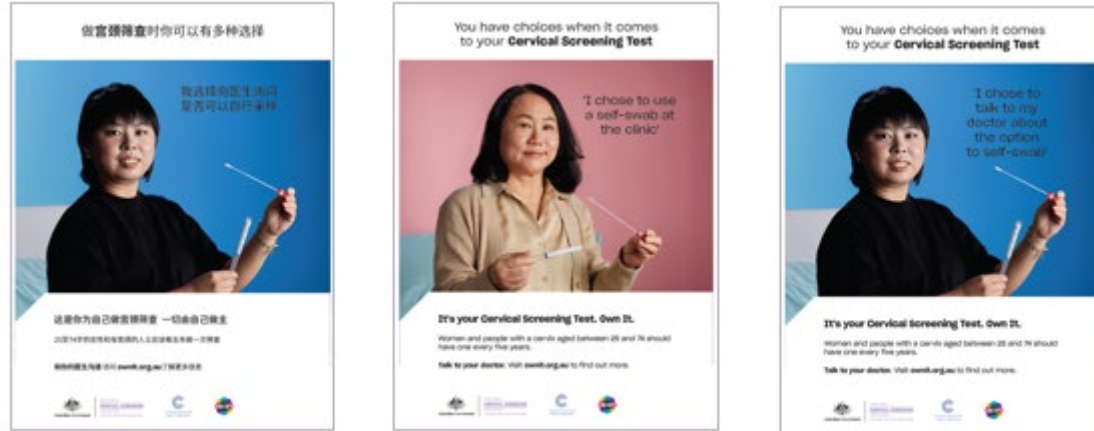
Wendy对自己可有哪些做宫颈筛查的选择了解不多. 她选择与医生聊一聊不同的检测方法.



“了解我可有哪些选择, 让我有信心做出最合适自己需要的决定.”

Get the word out: posters.

Posters can be downloaded from the community toolkit and displayed.



Get the word out: email signatures.

These images can be placed at the bottom of your email signature and linked to www.ownit.org.au. Download them in the community toolkit or click on the image below to open a version in Canva to add your own text and/or logo.



Get the word out: postcards.

Print ready postcards files can be downloaded from the community toolkit.



Get the word out: small cards.

Print ready business card sized cards (5.5 x 9cm) can be downloaded from the community toolkit. These can be useful for discrete communication and education.



Create your own content: social media images.

Use Canva templates to customise your own social media images.

How to:

1. Click on the image below you would like to use – you will be taken to a Canva file page
2. Select 'File' and 'Make a copy'
3. A new Canva window will open and you will be able to edit the image from the new window.
4. Remember to close the original window once the copy has been made and saved to your Canva account.



Create your own content: social media images.

Use PowerPoint templates to customise your own social media images.

Don't use Canva?

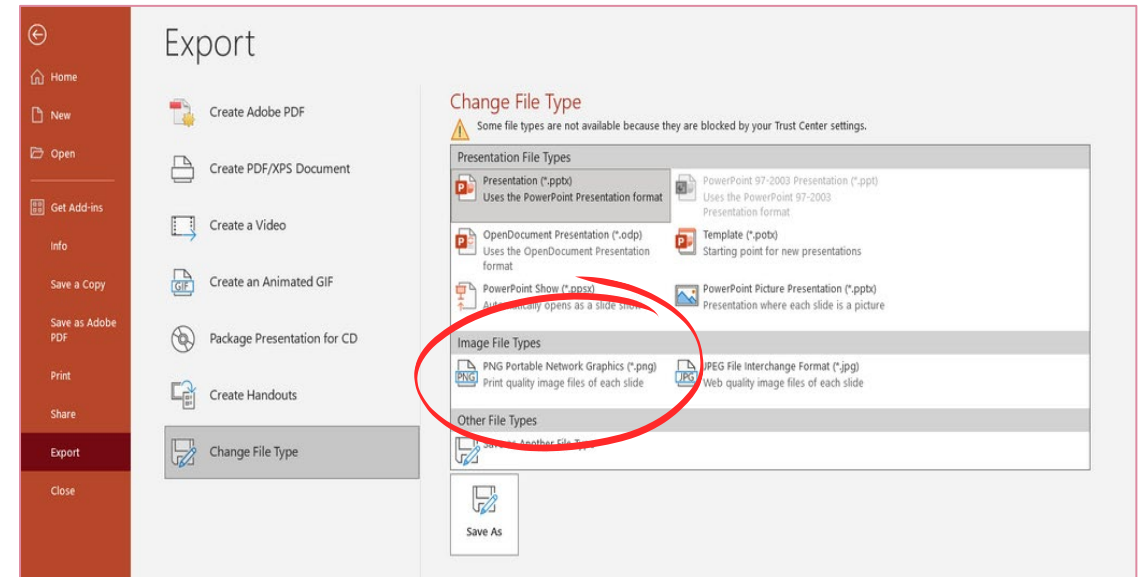
No problem! We've added some template PNGs to the community toolkits with space to add your own text on design software.

We've also created some editable PowerPoint Presentations that can be saved as PDF or PNG.

These can also be downloaded in the community toolkit.

HOW TO TURN A POWERPOINT INTO A PDF

- Open the PowerPoint file in this Community pack.
- Click on the 'Insert text here' text box and add your own text.
- You can add your own logo if you wish.
- Export the image by clicking "File" then "Export".
- Select "PNG" as the file type or "Change the file type" to PNG.



Create your own content: DIY posters

We have created some Microsoft word documents for you to use as posters for your office, clinic, or practice.

You can adapt these for your own needs and messaging for your clients or patients.

Customisable posters are available in the community toolkit.



A 'blank' poster is also provided if you would like to add your own image of someone holding a Cervical Screening Test self-swab.

Useful resources.

Find translated resources in the community toolkit and [here](#).



NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program

澳大利亚的宫颈癌筛查

每五年进行一次宫颈筛查(Cervical Screening Test)是预防宫颈癌的最佳办法——请今天就联系您的医疗服务提供者预约检查。

什么是宫颈筛查?
宫颈筛查包括从阴道或子宫颈采集样本。以检测是否存在一种常见感染——人乳头瘤病毒(Human Papillomavirus, HPV)感染的迹象。大多数 HPV 感染会在一定期限内被人体自然清除。如果人体未能自行清除 HPV，则可能引起宫颈细胞异常。如果异常细胞进一步发展或没有得到治疗，则可能会发展成宫颈癌。

为什么接受筛查很重要?
宫颈癌筛查是预防宫颈癌的最佳办法。在澳大利亚，大多数患有宫颈癌的人要从手术接受治疗。那么及早发现并接受治疗，可能避免接受手术。那么及早发现并接受治疗，可能避免接受手术。

九成的人的筛查结果会显示其罹患宫颈癌的风险很低。如果在筛查过程中检测到 HPV 感染信号，您可能会接受进一步的检测，或转介至专科医生。

如果您没有检测到 HPV，您便可以安心地等待 5 年后再次进行宫颈筛查。如果您检测到 HPV，则可能需要接受进一步的检测，或转介至专科医生。



请今天就联系您的医疗服务提供者预约宫颈筛查。

澳大利亚的宫颈癌筛查

This fact sheet, in Simplified Chinese helps healthcare providers to discuss whether self-collection may be an option for participants in the National Cervical Screening Program. It is usually provided during a consultation.



NATIONAL
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如何看懂宫颈癌筛查结果

本指南教您如何看懂宫颈筛查的结果。

您的医生或护士会与您讨论检查结果以及接下来应采取什么措施。您可以借此机会提出疑问。如果对检查结果感到担心，也可以在此时告诉他们。

宫颈筛查的目的是什么?
宫颈筛查(Cervical Screening Test)的目的是检测人乳头瘤病毒(Human Papillomavirus, HPV)感染。

但是，如果 HPV 在体内长时间存在，则会造成一些问题，并可能导致宫颈癌。发展及癌症的过程通常需要 10 到 15 年的时间。

HPV 是一种常见的病毒，许多人在人生中的某个阶段感染该病毒。但由于其通常不会引发任何症状，人们并不常发现自己感染了该病毒。

我的检查结果意味着什么?
您的医生或护士会与您讨论宫颈筛查的检查结果，并解答您的疑问。

如何看懂宫颈癌筛查结果

This is a visual guide, in Simplified Chinese, to help culturally and linguistically diverse communities understand their Cervical Screening Test results.



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宫颈癌筛查: 如何自行采集样本

本指南将帮助您了解如何自行采集宫颈样本。如果看不到清楚的地方或有任何疑问，请联系您的医疗服务提供者。

- 开始前**
 - 您的医疗服务提供者会为您提供一些私密的空间以采集样本。该空间可能是更衣室或更衣室后的卫生间。更衣室、浴室或卫生间均可。
 - 准备好：脱掉了穿着裤衩的内裤并穿好浴巾。
 - 进行自我检查：将您的手指伸入阴道并触摸宫颈（大约 10 厘米左右，即一握拳的长度）。如果无法触及，请咨询您的医疗服务提供者。
 - 保持手指干燥并清洁，直到一个舒适的姿势后，取下手指。
- 拭子的准备**
 - 将拭子从包装中取出。
 - 将拭子插入阴道并轻轻旋转。
 - 将拭子插入阴道并轻轻旋转。
- 拭子的插入**
 - 将拭子插入阴道并轻轻旋转。
 - 将拭子插入阴道并轻轻旋转。
- 样本的采集**
 - 将拭子插入阴道并轻轻旋转。
 - 将拭子插入阴道并轻轻旋转。
- 样本的存放**
 - 将拭子放入密封袋中。
 - 将拭子放入密封袋中。
- 样本的存放**
 - 将拭子放入密封袋中。
 - 将拭子放入密封袋中。

如果您有以下情况该怎么办?

如果您的手指不小心触碰到宫颈或阴道，该怎么办?	请咨询您的医生。
如果您感到不适或疼痛，该怎么办?	请咨询您的医生。
如果您感到不适或疼痛，该怎么办?	请咨询您的医生。

如果您感到不适或疼痛，该怎么办?

请咨询您的医生。

宫颈癌筛查: 如何自行采集样本 宫颈癌筛查: 如何自行采集样本

This is a visual guide, in Simplified Chinese, on using the self-collection option when collecting a vaginal sample for a Cervical Screening Test.

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Useful resources.

Find translated resources in the community toolkit and [here](#).



Cervical screening explained – Mandarin

This video is translated in Mandarin. It explains how to take your own Cervical Screening Test sample if self-collection is chosen as a screening option for a Cervical Screening Test.



国家宫颈癌筛查计划——如何自行采集样本（简易版）

这是一个简易的视觉指南，帮助人们了解如果选择自行采集样本进行宫颈癌筛查，应该如何从阴道采集自己的样本



国家宫颈癌筛查计划——宫颈癌筛查——您可选择的方式

这是一个视觉指南，帮助人们了解宫颈癌筛查可选的方式



国家宫颈癌筛查计划——医务人员为我采集样本时，会发生什么？

这是一个简易的视觉指南，帮助人们了解选择让医务人员为他们采集宫颈癌筛查样本的流程

Useful links.

Own It website
Available in Cantonese

<https://ownit.org.au/zh-hant/cantonese/>



It's your Cervical Screening Test. Own It.