



# Healthy and Safe Swimming Week QUICK-GUIDE

A publication of the Center for Leadership Education in Maternal and Child Public Health



This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: [z.umn.edu/qguides](http://z.umn.edu/qguides)

## Social Media

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to see what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media networks. Include it in any posts you create.

Please share this Quick-Guide and tag @UMN\_MCH!

- Hashtag**
- #Healthysummer
- #Healthyswimming
- #Swimhealthy
- Facebook**
- Centers for Disease Control and Prevention (CDC)

- Twitter**
- @CDCgov
- Instagram**
- @cdcgov
- YouTube**
- Centers for Disease Control and Prevention (CDC)

## Print, Post, or Share

If available, use logos or other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

- CDC- Healthy and Safe Swimming**
- Health Promotion Materials
- Data & Statistics
- Tools for Professionals
- Social Media Library

### Sample Tweets/Posts

Every day, about 10 people in the U.S. die from drowning. Get the facts about #drowning and #watersafety here: <http://go.usa.gov/4wgJ>

Do you think swim diapers will prevent leaks into the pool? Not so fast! They don't stop germs from getting out. More info here: <http://go.usa.gov/cuVZw>

The Center is supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) under grant number T76MC00005 for Leadership Education in MCH in the amount of \$1,725,000. This information or content and conclusions of our outreach products are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the US Government.