



# Healthy and Safe Swimming Week QUICK-GUIDE

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

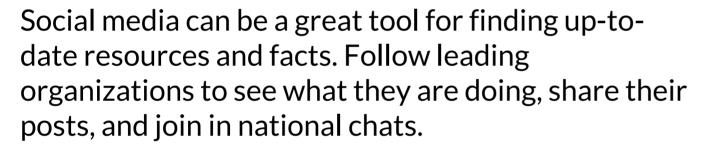


This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: z.umn.edu/qguides



## Social Media



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

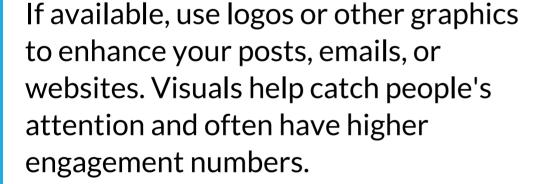
@cdcgov

#### YouTube

Centers for Disease Control and Prevention (CDC)



# Print, Post, or Share



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.

Health Promotion Materials

Data & Statistics

Tools for Professionals

Social Media Library

#### Sample Tweets/Posts

**CDC- Healthy and Safe Swimming** 

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

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