

# We Are Essential Digital Action

Let's flex our political muscle online and urge our governor to sign the Healthcare and Essential Workers Protection Act (SB275). Share a photo on Facebook, Instagram, and/or Twitter with this message:

"Our state and employers weren't ready for COVID-19, but now we have a chance to change that for the future. Sign #SB275 @Gavin Newsom, so California and healthcare employers will be ready before the next emergency."

## Posting on Facebook



**Step 1:** Add a photo of yourself as a selfie or standing with your mask and uniform.

**Step 2:** Type your caption including hashtags #GetMePPE #SB275 and tag @Gavin Newsom (Tip: use the @ symbol to tag, select Gavin from the drop down).

**Step 3:** Make sure your post is PUBLIC like it is circled in this example.

**Step 4:** Send a screenshot of your post to your E-Board member.

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## Posting on Instagram

**Step 1:** Confirm if you have a public or private account by going to your account settings. It should say public under account privacy (Tip: it's best to have a public account to take action).

### Step 2:

**(for public accounts):** Post a picture or video using the hashtags #GetMePPE #SB275 and tag @gavinnewsom

**(for private account):** Post on your Instagram story that includes a message, the hashtags #GetMePPE #SB275 and tag @gavinnewsom

**Step 3:** Send a screenshot of your post to your E-Board member.



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Let's flex our political muscle online and urge our governor to sign the Healthcare and Essential Workers Protection Act (SB275). Share a photo on Facebook, Instagram, and/or Twitter with this message:

"Our state and employers weren't ready for COVID-19, but now we have a chance to change that for the future. Sign #SB275 @GavinNewsom, so California and healthcare employers will be ready before the next emergency."

## Posting on Twitter



**Step 1:** Confirm if you have a public or private account by going to your privacy setting. Make sure "protect your Tweets" should not be selected (it should not be green).

**Step 2:** Type your message, add the hashtags #GetMePPE #SB275 and tag @GavinNewsom (make sure your entire post is less than 280 characters).

**Step 3:** Send a screenshot of your post to your E-Board member.