


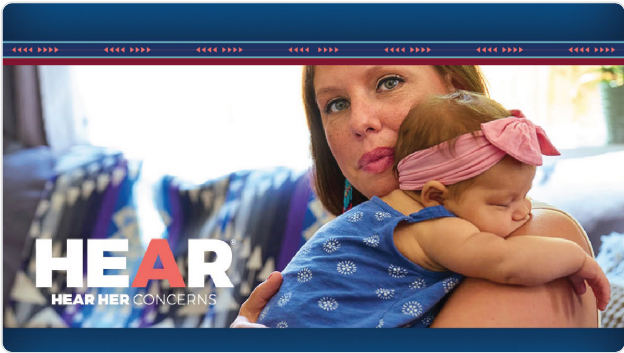


# Sample Social Media Posts for American Indian and Alaska Native Communities

 For Everyone  
JANUARY 23, 2025

AT A GLANCE

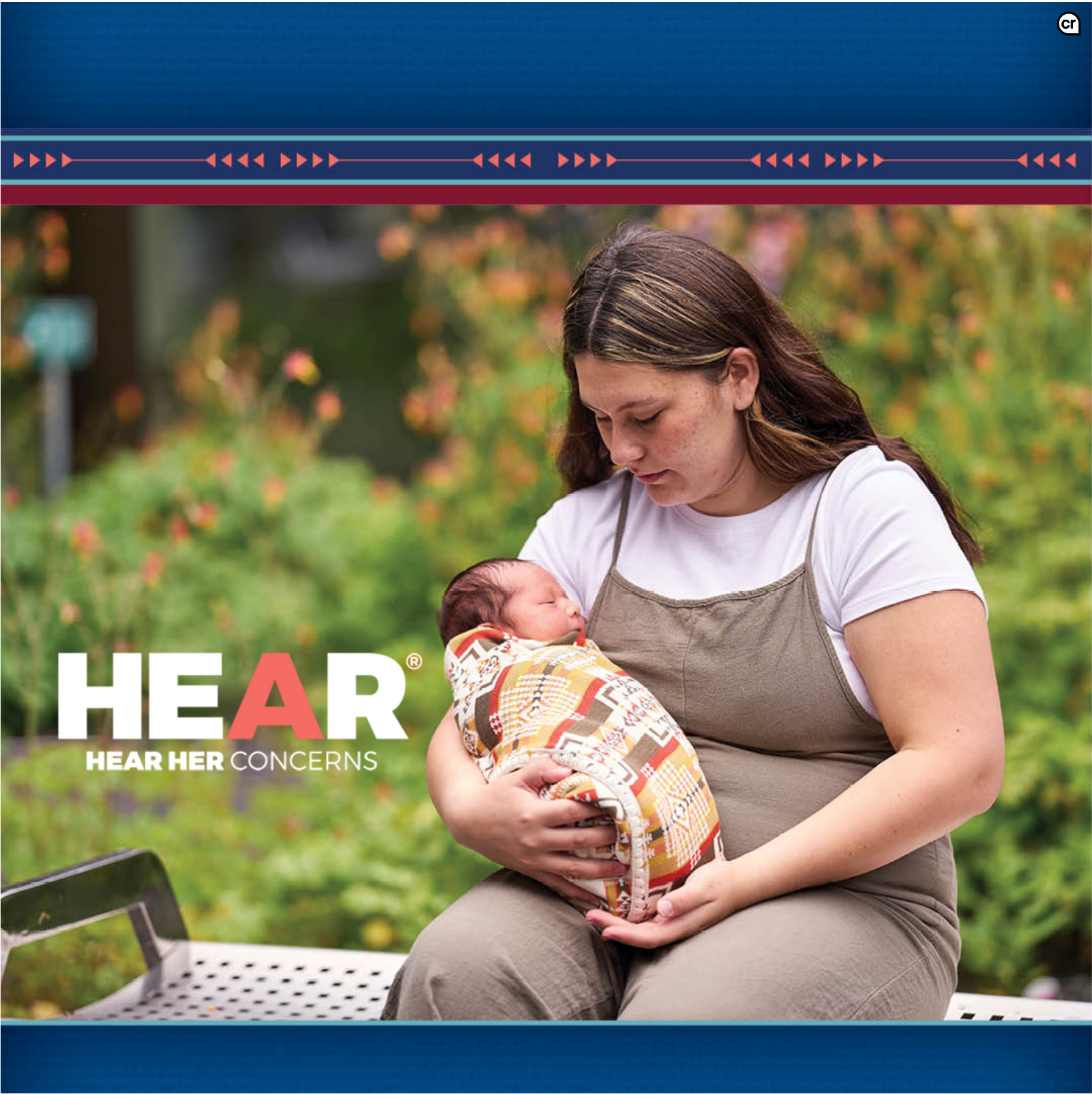
Social media posts allow you to easily distribute Hear Her® campaign messages and materials to your audience. Use your organization’s social media accounts to share important information about preventing pregnancy-related deaths. Below are some graphics from the campaign and tailored posts that you can use to share and promote Hear Her® on your social media channels.



## Sample posts for American Indian and Alaska Native communities

Here are a few quick tips to help you make the most of your social media posts to promote the Hear Her® campaign on Facebook, Instagram, and Twitter/X.

- Be sure to keep your posts brief. People are more likely to read short posts than lengthy ones.
- Connect with partners. Ask them to share the posts or promote the content.
- Use the campaign hashtag on Twitter/X and Instagram to label your message: **#HearHer**, which allows people to group and sort posts with that hashtag.
- Engage with our social media handles through likes, mentions, and shares.
- Download images that are sized appropriately for Facebook, Instagram, and Twitter/X.

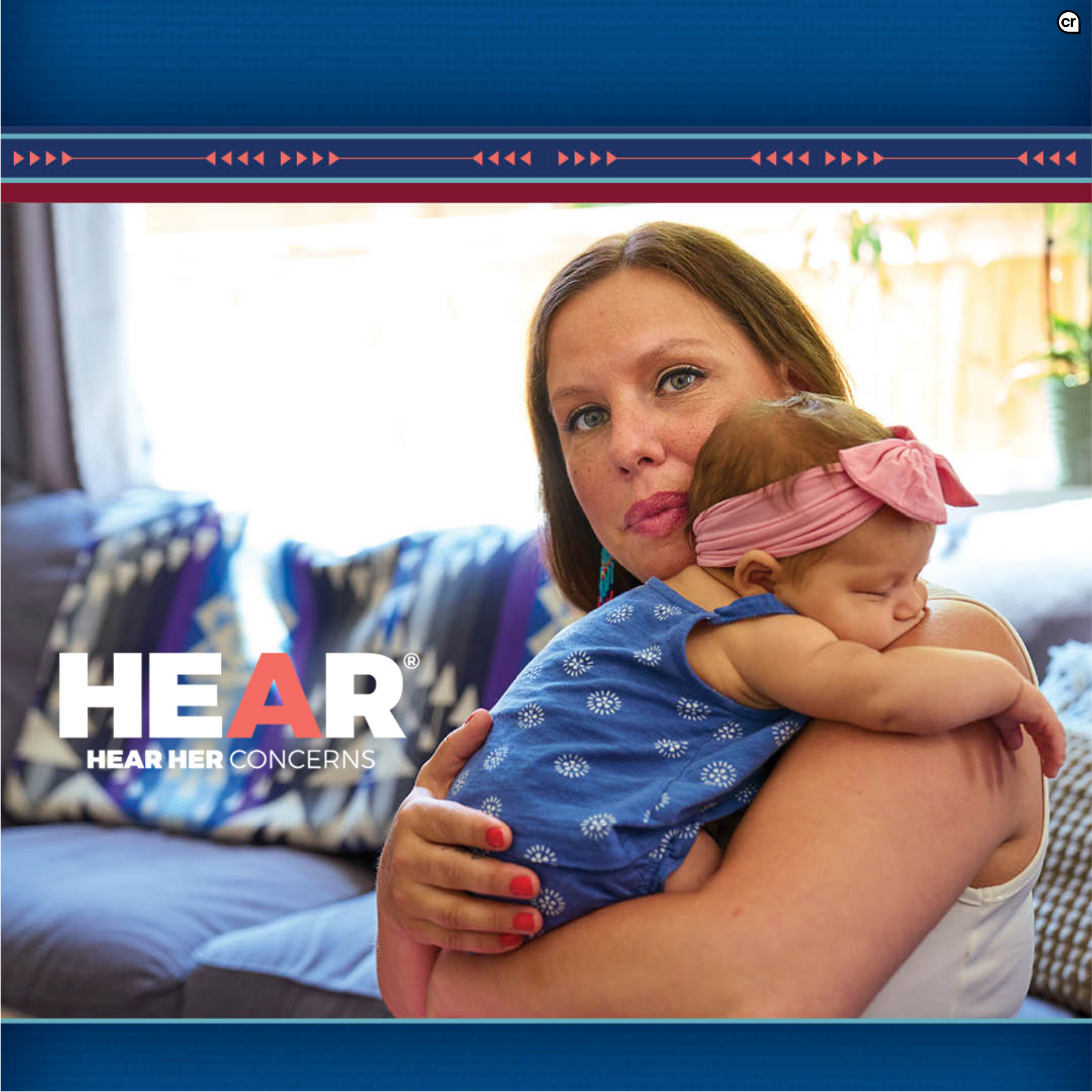


Honor your mind, body, and spirit. Listen to your body and speak up if something doesn't feel right. Learn the urgent maternal warning signs and get the care you need.

• [Download image for Twitter/X](#) [JPG](#)

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You know your body best. If you are pregnant or gave birth within the last year and feel like something is wrong, speak up and ask for help. It could save your life.

• [Download image for Twitter/X](#) JPG

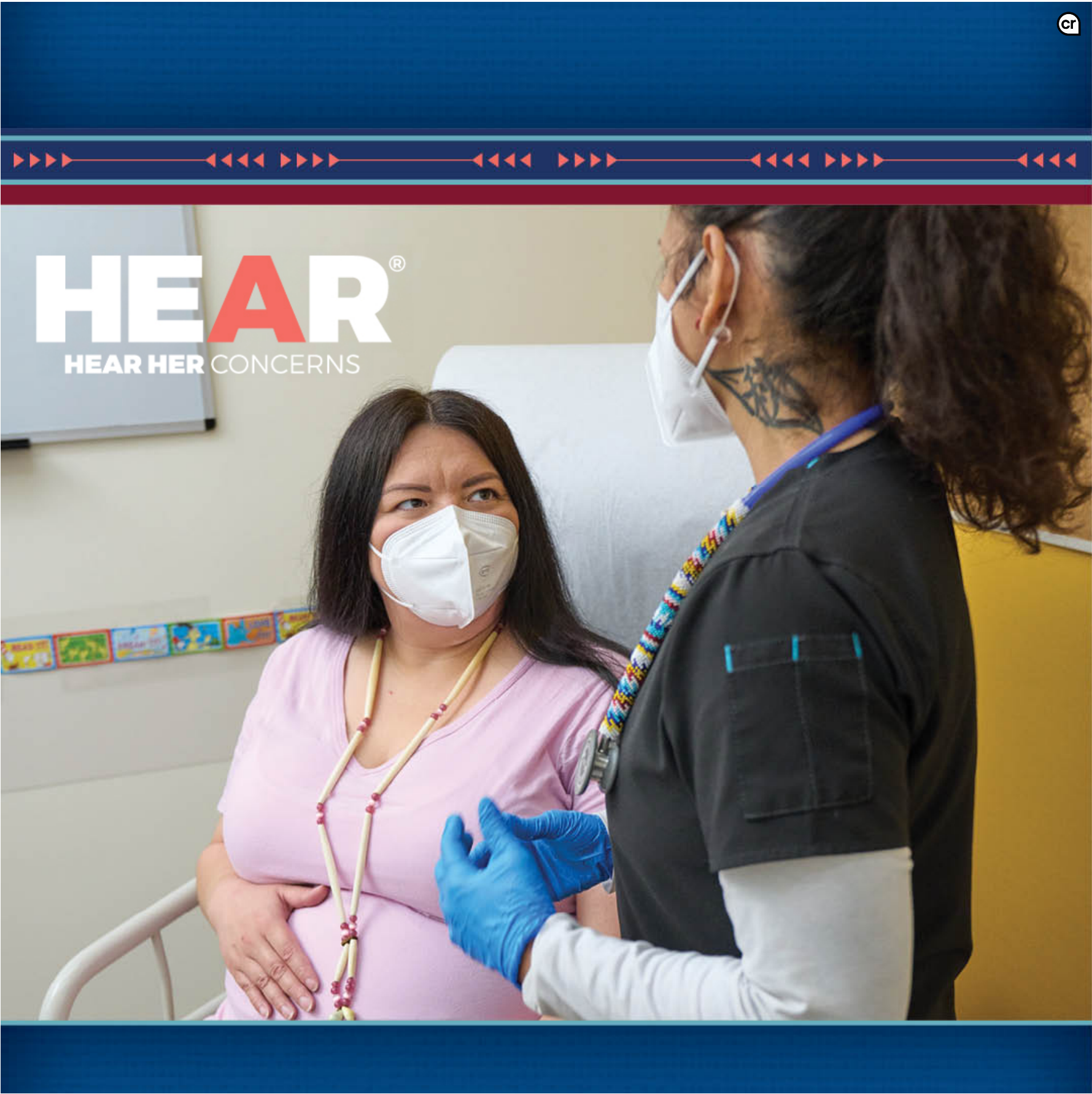
• [Download image for Facebook and Instagram](#) JPG



We must support mothers by hearing their concerns and ensuring they get the care they need. Recognize the urgent maternal warning signs and be the support she needs. Learn more at [cdc.gov/HearHer/AIAN/](https://cdc.gov/HearHer/AIAN/).

- [Download image for Twitter/X](#) 
- [Download image for Facebook and Instagram](#) 





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Health care providers play a critical role in improving maternal health among American Indian and Alaska Native women. It's important to make sure your patients are comfortable sharing their concerns. Learn more at [cdc.gov/HearHer/AIAN/](https://cdc.gov/HearHer/AIAN/).

- [Download image for Twitter/X](#) [JPG](#)
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Social Media for Health Care Providers

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Social Media

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SOURCES

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National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP); Division of Reproductive Health

