COVID-19 Community Toolkit

We recognize that it can be challenging to keep up with the amount of information about COVID-19 or identify simple, reliable messages that will resonate with your communities.

In this toolkit, you will find shareable posts and graphics for social media, public service announcements, flyers, and other materials related to COVID-19.

Sharing reliable and accurate public health messages during the COVID-19 pandemic is essential and we are counting on you to help us spread this messaging. Please help us by sharing this Community Toolkit with your stakeholders through your social media channels.
COVID-19 Community Toolkit

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Contact Tracing - What Is It?

Watch video on YouTube (1:16)

Facebook/Instagram captions

Do you know what contact tracing is? If you have been exposed to COVID-19, the health department may call you to check on your health. To help slow the spread, they will discuss who you have been around and ask where you have spent time.
Learn more about contact tracing at nmhec.org/covid-19/onecommunity-contacttracing
#OneCommunity #OneResponse

Have you tested positive for COVID-19? Help limit the risk of exposing others by working with contact tracers. Answer the call from your health department. One call can slow the spread.
Learn more about contact tracing at nmhec.org/covid-19/onecommunity-contacttracing
#OneCommunity #OneResponse

Have you been exposed to COVID-19? Help protect your community and slow the spread by working with contact tracers. Answer the call from your health department.
Learn about why your response matters at nmhec.org/covid-19/onecommunity-contacttracing
#OneCommunity #OneResponse

Did you know? Your privacy will be protected and respected in the contact tracing process, so protect yourself and family by answering the call from the health department. You will not be asked about your legal or citizenship status.
Learn more about the contact tracing process at nmhec.org/covid-19/onecommunity-contacttracing
#OneCommunity #OneResponse
Contact Tracing - What Is It?

Twitter captions

Do you know what contact tracing is? If you have been exposed to COVID-19, the health department may call you to check on your health.
To learn more, visit nmhec.org/covid-19/onecommunity-contacttracing
#OneCommunity #OneResponse

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#OneCommunity

Have you been exposed to COVID-19? Help protect your community and slow the spread by working with contact tracers. Answer the call from your health department.
Learn about why your response matters at nmhec.org/covid-19/onecommunity-contacttracing
#OneCommunity #OneResponse

Did you know? Your privacy will be protected in the contact tracing process, so protect yourself and family by answering the call from the health department. You will not be asked about your citizenship status. Learn more at nmhec.org/onecommunity-contacttracing
#OneCommunity
Coping Strategies - Ways to Cope During the Pandemic

Everyone reacts differently to stressful situations like COVID-19. You may feel anxiousness, anger, sadness, or overwhelmed. Find ways to reduce stress to help yourself and the people you care about. We shape what happens next.

To learn more, visit nmhec.org/covid-19/onecommunity
#OneCommunity #OneResponse

Facebook/Instagram captions

Twitter captions

Everyone reacts differently to stressful situations like COVID-19. You may feel anxiousness, anger, sadness, or overwhelmed. Find ways to reduce stress to help yourself and the people you care about.

To learn more, visit nmhec.org/covid-19/onecommunity
#OneCommunity #OneResponse
COVID In My Community

Communities of color and other underrepresented groups are at higher risk for severe illness from COVID-19. Protect our community by wearing a mask, staying 6ft apart, and washing your hands often. We shape what happens next.

To learn more, visit: nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse

Twitter captions

Communities of color and other underrepresented groups are at higher risk for severe illness from COVID-19. We must protect our community. We shape what happens next.

To learn more, visit: nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse
COVID-19 Spread - Your Bubble Is Bigger Than You Think

Watch video on YouTube (1:26)

Facebook/Instagram captions

COVID-19 can spread anywhere, even in places where you feel safe or with people you feel safe with. Truth is, your COVID-19 bubble is bigger than you think. It only takes one person with COVID-19 to further the spread. Keep gatherings to those in your household.

To learn more about our efforts visit nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse

Twitter captions

COVID-19 can spread anywhere, even in places where you feel safe or with people you feel safe with. It only takes one person infected to further the spread. Keep gatherings to those in your household. Learn more at nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse
COVID Trace App - How It Works

Facebook/Instagram captions
Do you want to know if you have been exposed to COVID-19 but are concerned that apps don’t keep your information private? COVID Trace Nevada is a free app that prioritizes your privacy.

To learn more, please visit: nvhealthresponse.nv.gov/covidtrace

Twitter captions
Do you want to know if you have been exposed to COVID-19 but are concerned that apps don’t keep your information private? COVID Trace Nevada is a free app that prioritizes your privacy.

To learn more, please visit: nvhealthresponse.nv.gov/covidtrace

COVID Trace is a contact tracing mobile app developed by the Nevada Department of Health and Human Services. The app exchanges anonymous information with other phones in your vicinity and can notify you if you’ve come in contact with someone who has tested positive for COVID-19.

To learn more, please visit: https://nvhealthresponse.nv.gov/covidtrace/

COVID Trace is a contact tracing app developed by the Nevada Department of Health and Human Services. The app exchanges anonymous information with other phones in your vicinity and can notify you if you get exposed to COVID-19.

Learn more at nvhealthresponse.nv.gov/covidtrace

Watch video on YouTube (1:24)
COVID-19 Does Not Discriminate

Download images and video (0:22)
Watch video on YouTube (0:22)

Facebook/Instagram captions
COVID-19 has impacted us all. Do your part to slow the spread. Wear a mask, wash your hands, and social distance.
Learn more about how to protect yourself and your loved ones: nmhec.org/onecommunity
#OneCommunity #OneResponse

Twitter captions
COVID-19 has impacted us all. Do your part to slow the spread. Wear a mask, wash your hands, and social distance.
Learn more about how to protect yourself and your loved ones: nmhec.org/onecommunity
#OneCommunity #OneResponse
Prevention - Protecting Our Essential Service Workers

We want to take a moment to thank all of the dedicated essential workers that are keeping our community safe and functioning. We see you. We appreciate you.

To learn more about our efforts visit nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse

Twitter captions

We want to take a moment to thank all of the dedicated essential workers that are keeping our community safe and functioning. We see you. We appreciate you.

To learn more about our efforts visit nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse
Prevention - Safe Gathering Tips - Fall

Facebook/Instagram captions
Do you know the risks of social gatherings this holiday season? Keep safety at the top of your holiday plans and let’s work together as #OneCommunity with #OneResponse to fight COVID-19.
Learn more about how to protect yourself and your loved ones: nmhec.org/onecommunity

Twitter captions
Do you know the risks of social gatherings this holiday season? Keep safety at the top of your holiday plans and let’s work together as #OneCommunity with #OneResponse to fight COVID-19.
Learn more about how to protect yourself and your loved ones: nmhec.org/onecommunity
Prevention - Safe Gathering Tips - Winter

**Facebook/Instagram captions**

Do you know the risks of social gatherings this holiday season? Keep safety at the top of your holiday plans and let’s work together as #OneCommunity with #OneResponse to fight COVID-19.

Learn more about how to protect yourself and your loved ones: [nmhec.org/onecommunity](http://nmhec.org/onecommunity)

**Twitter captions**

Do you know the risks of social gatherings this holiday season? Keep safety at the top of your holiday plans and let’s work together as #OneCommunity with #OneResponse to fight COVID-19.

Learn more about how to protect yourself and your loved ones: [nmhec.org/onecommunity](http://nmhec.org/onecommunity)
Prevention - Safe Gathering Tips - Spring/Summer

Facebook/Instagram captions

Do you know there are still risks of social gatherings this season? Keep safety at the top of your plans and let’s work together as #OneCommunity with #OneResponse to fight COVID-19.

Learn more about how to protect yourself and your loved ones: nmhec.org/onecommunity

Twitter captions

Do you know there are still risks of social gatherings this season? Keep safety at the top of your plans and let’s work together as #OneCommunity with #OneResponse to fight COVID-19.

Learn more about how to protect yourself and your loved ones: nmhec.org/onecommunity
Prevention - Why I Wear a Mask

Facebook/Instagram captions

Wearing a mask keeps us safe, keeps our elders safe, and keeps our store cashiers, teachers, healthcare providers, and other essential workers safe. When we show up wearing a mask, we show up for each other.

To learn more about our efforts visit nmhec.org/covid-19/onecommunity

#OneCommunity #OneResponse

Twitter captions

Wearing a mask keeps us, our elders, and our store cashiers, teachers, healthcare providers, and other essential workers safe. When we show up wearing a mask, we show up for each other.

To learn more about our efforts visit nmhec.org/onecommunity

#OneCommunity #OneResponse
Prevention Tips - Wash Your Hands, Wear a Mask, Social Distance

We all play a vital role in taking care of one another. The One Community Campaign aims to reduce the spread of COVID-19 in underrepresented communities.

For information about this campaign, resources, and community partners visit nmhec.org/onecommunity

#OneCommunity #OneResponse

Facebook/Instagram captions

Twitter captions

We all play a vital role in taking care of one another. The One Community Campaign aims to reduce the spread of COVID-19 in underrepresented communities.

For information about this campaign, resources, and community partners visit nmhec.org/onecommunity

#OneCommunity #OneResponse
Stigma - My Ethnicity is Not a Virus

As COVID-19 has surged throughout our country, so has social stigma. Many, including racial minorities, especially Asian Americans, those who have recovered from COVID-19, and front-line workers, have experienced COVID-19 related discrimination.


Learn more at nmhec.org/onecommunity-stigma
#OneCommunity #OneResponse

Facebook/Instagram captions

Twitter captions


Learn more at nmhec.org/onecommunity-stigma
#OneCommunity
Vaccine for COVID-19

When the COVID-19 vaccine comes to your community, will you be ready? There is no better time to learn more in order to make an informed decision.

Visit [nmhec.org/covid-19/onecommunity](http://nmhec.org/covid-19/onecommunity)

#OneCommunity #OneResponse

Facebook/Instagram captions

Twitter captions

When the COVID-19 vaccine comes to your community, will you be ready? There is no better time to learn more in order to make an informed decision.

Visit [nmhec.org/covid-19/onecommunity](http://nmhec.org/covid-19/onecommunity)

#OneCommunity #OneResponse
The pandemic stops with me. We can shape what happens next.

In NV, Asian people make up 12% of deaths but they only make up 8% of the population.

Why is the Asian community more at risk for COVID-19?

More likely to have fear & distrust of the healthcare system discrimination low paying jobs and less wealth multi-generational households

Less likely to work from home

Protect your community

5 ways to stop the spread

- Wash or sanitize your hands often
- Clean and disinfect frequently touched objects and surfaces
- Stay home if you don’t feel well, even if you have mild symptoms

When not with people from your household, mask up!

Social distance by:
- Greeting verbally
- Gathering outside
- If inside, wear masks and stay apart

If you feel sick or think you were exposed

Get tested immediately.
To learn more about free or low-cost testing call NV 2-1-1 or visit nvhealthresponse.nv.gov

If infected: Isolate and Self-Quarantine.

Ways to cope during the pandemic

- Exercise
- Yoga and Meditation
- Check in with friends and family
- Be informed about COVID-19 from trusted sources

For more information, visit nmhec.org/OneCommunity

#ONECOMMUNITY | #ONERESPONSE
社區發起防疫行動
我們可以塑造未來

內華達州，亞洲人佔死亡人數的12%
但他們只佔人口的8%

為什麼亞洲社區感染新冠肺炎風險較高？

保護社區
停止傳播病毒的五種方法

- 頻繁洗手或消毒雙手
- 清潔和消毒經常觸摸的物件和表面
- 如有不適請待在家裡即使症狀輕微
- 如與家庭以外的人接觸，請戴口罩！
- 保持社交距離
  - 口頭問候
  - 在外面聚會
  - 如果在戶內聚會，請戴口罩並保持距離

如果感到不適或認為感染了新冠肺炎

立即進行測試
要了解免費或收費較低的測試的更多信息，請致電NV 2-1-1或瀏覽nvhealthresponse.nv.gov網頁

如果確診，請自我隔離

應對病毒大流行

- 做運動
- 瑜伽與冥想
- 問候親友
- 從可信來源獲取COVID-19的信息

如欲獲取更多信息，請瀏覽nmhec.org/OneCommunity網頁

#ONECOMMUNITY | #ONERESPONSE
Community Outreach Flyer - Chinese 2

保护社区

保护社区的五种方法

- 纸质洗手液或消毒剂
- 保持手部和物品表面的清洁
- 洗手
- 紧闭门窗
- 保持社交距离
- 口罩
- 避免聚集
- 家庭聚餐
- 在家中采取必要措施

如果感到不适或确认感染了新冠病毒

立即进行检测。
了解免费或收费较低的检测更多信息，请致电 NV 2-1-1 或访问 nvhealthresponse.nv.gov 网站
如果检测结果为阳性，请自我隔离

如欲获取更多信息，请访问 nmhec.org/OneCommunity 网页

COVID-19 ASIAN COMMUNITY TOOLKIT
Community Outreach Flyer - Korean

대유행 면추게 하기위한 나의 노력
우리들은 다음에 어떤 일이 일어날지 예상할 수 있다.

네바다에서 아시아 사망률은 12%이다.
그러나 전체 사망률의 8%이다.
왜 코로나19 바이러스가
아시아인에게 더욱 위험한가?

대부분 의료시스템에 대해
두려움과 불신이 있고 인종차별,
저임금 저소득층과 다세대
가정환경에 많은재택근무 하는
인구가 적은 편이기 때문이다.

대유행에서 아시아 커뮤니티를
보호하는 5가지 방법은 다음과 같다.

손을 자주 씻는다.
만진 물건과
표면은 자주
소독한다.

만약 증상이 있고 코로나19 바이러스에 감염이
되었다고 생각이 되면,
즉시 검사를 받아야 한다.
무료 혹은 저렴한 테스트를 원하면 NV 2-1-1 전화를 걸거나
nvhealthresponse.nv.gov

웹사이트에 들어가서 이용한다. 감염이 되었으면 자가격리를 해야한다.

대유행중에는 운동,
요가나 명상, 친구나
가족 확인, 놀을만한
코로나 19 바이러스
정보를 받는다.

nmhec.org/OneCommunity 웹사이트에서 더 자세한 정보를 알아보세요.

#ONECOMMUNITY | #ONERESPONSE

COVID-19 ASIAN COMMUNITY TOOLKIT

23
ĐẠI DỊCH DỪNG LAI VỚI TÔI
CHÚNG TA CÓ THỂ ĐỊNH HÌNH NHỮNG GÌ SẼ XÂY RA TIẾP THEO

Ở VN, NGƯỜI CHÂU ÂU BỊ PHÁT 12% SỐ CA TỪ VỌNG NHỮNG HỌ CỊ TẠO Ngaben 8% ĐÂN SỐ

TÀI SƠ CÔNG ĐỒNG CHÂU Á
THỂM NGUY CƠ CHO COVID-19?

NHỊỀU KHÁ NĂNG CÓ
NỘI SỰ HẠI VÀ MẤT LỌNG TIN CỦA HỆ THÔNG CHẤM SÓC SỨC KHỎE
PHÂN BIỆT ĐỐI XỬ VIỆC LÀM DỤC TRA LƯU TƯƠNG THẤP VÀ ĐỊA GỊA CCHOOL HỌ GIA ĐÌNH DA THẾ HỆ

ÍT CÓ KHÁ NĂNG
LÃM VIỆC TẠI NHÀ

BẢO VỆ CÔNG ĐỒNG CỦA BẠN
5 CÁCH ĐỂ NGĂN CHẠN SỰ LÂY LÁN

Rửa sạch và khô tay thường xuyên
Làm sạch và khô trang vật thể và bể nước thường xuyên châm vào

Ở nhà nếu quý vị cảm thấy không khỏe, ngay cả khi quý vị có các triệu chứng nhẹ

ỨNG NỮ VỊ CÀM THÁY BIỆN HOẠC NGHỈ RĂNG MỊNH BI PHỢT NHỊM

Di kiểm tra ngay lập tức.
Dế tìm hiểu thêm về thủ nghiêm miên phí hoặc chi phí thất, hãy gọi NV 2-1-1 hoặc truy cập
nvhealthresponse.nv.gov

Nếu bị nhiễm bệnh: Cần lập và tự kiểm dịch.

CÁCH ĐỐI PHỘ TRONG ĐẠI DỊCH

• Thực hiện
• Yoga và Thiền
• Check in với ban bè và gia đình
• Được thông báo về COVID-19 từ các nguồn đáng tin cậy

DỄ BIẾT THỂ THÔNG TIN, HÁY TRUY CẬP nmhec.org/OneCommunity

#ONECOMMUNITY | #ONERESPONSE

COVID-19 ASIAN COMMUNITY TOOLKIT
COVID-19  Asians Community Toolkit

นางะเกิดจาก ความใกล้ชิดและไม่รู้จะทำให้ความเสี่ยงหายแล้ว ในการบริการรักษาสุขภาพ งานที่จ่ายค่าแรงระดับ 1 และคว้าเงิน ที่ไม่ได้รับรายย่อยการรู้ว่ามันมากกว่า

ไม่นางะเกิดขึ้น กับการที่งานที่บ้าน

ป้องกันสุขภัยของพวกท่าน มี 5 วิธี ที่จะทำให้การระบาดนี้

ทำสิ่งที่น้อง ๆ อยู่ที่สุดที่สุด อย่าไปออก เล่นอยู่ในบ้าน อยู่ในบ้าน ปฏิบัติตามข้อกำหนด

วิธีการรับมือ ในช่วง COVID-19

* อยู่กันคู่
* ใช้กุญแจ และ กระจกที่มาก
* ติดต่อสื่อสารที่จะมีไปๆ ต่อไปได้
* นี่จะทำให้มากขึ้น มากกว่า COVID-19 จากร่างที่เรารับได้

แหล่งของเรียกเข้าสู่เว็บไซต์ nmhec.org/OneCommunity

UNLV SCHOOL OF PUBLIC HEALTH NEVADA MINORITY HEALTH AND EQUITY COALITION

ONE COMMUNITY ONE RESPONSE
Community Outreach Mailer

THE PANDEMIC STOPS WITH ME
WE CAN SHAPE WHAT HAPPENS NEXT

Use these methods together to slow the spread

CLEAN AND DISINFECT SURFACES OFTEN
WASH YOUR HANDS
STAY 6 FEET AWAY SAFELY GATHER
WEAR A MASK

If you feel sick, have been exposed, or tested positive you should

STAY HOME
CONTACT YOUR HEALTH CARE PROVIDER OR YOUR LOCAL HEALTH DEPARTMENT
ANSWER THE CALL

TESTING
To learn more about free or low-cost testing call NV 2-1-1 or visit nvmh involuntary.gov

What you need to know about Contact Tracing:
• If you recently tested positive or were in contact with someone who has, you may be contacted by a contact tracer.
• Contact tracers let you know if you have been exposed and help monitor your symptoms.
• Your name will not be disclosed and you will not be asked any personal information including citizenship.

LA PANDEMIA TERMINA CONMIGO
NOSOTROS PODEMOS DECIDIR QUE SUCEDERÁ DESPUÉS

Use estos métodos para detener la propagación

LAVAR Y SECAR LAS MANOS REGULARMENTE
MANTENGA LA DISTANCIA MÁXIMA DE 6 MÉTROS
USO DE MÁSCARA

Si se siente enfermo, ha sido expuesto, o ha tenido un resultado positivo, debería de:

GUARDÉSE DE LA GARGANTA
COMUNICARSE DESDE INMEDIATAMENTE CON SU PROFESSIONAL DE LA SALUD LOCAL
ENTREGA DE LA SEÑALES

PRUEBAS
Para más información acerca de las pruebas gratuitas o a bajo costo, llame al NV 2-1-1 o visite nvmh involuntary.gov

Lo que necesitas saber acerca del rastreo de contactos:
• Si has recientemente hecho un resultado positivo en su prueba o estuvo en contacto con alguien que dio positivo, puedes ser contactado por un rastreador de contactos.
• Las reseñas de contactos le informan si usted ha estado expuesto y le ayudan a monitorear sus síntomas.
• Su nombre no será divulgado y no se le preguntará ninguna otra información personal incluyendo la ciudadanía.

ONE COMMUNITY ONE RESPONSE
WE CAN STOP COVID-19

The COVID-19 crisis has resulted in physical, mental, and economic impacts across the state. However, some communities have been disproportionately impacted such as African American/Black, Hispanic, Native American, Asian, Pacific Islander, LGBTQ+, and those who are deaf or hard of hearing. We are committed to addressing health inequities and disparities.

- The Nevada Minority Health and Equity Coalition

UNA COMUNIDAD UNA RESPUESTA
PODEMOS PONERLE UN ALTO AL COVID-19

La crisis de COVID-19 ha resultado en impactos físicos, mentales y económicos para todo el estado. Sin embargo, algunas comunidades han sido afectadas de manera desproporcionada, tales como los afroamericanos, hispanos, nativos americanos, asiáticos, isleños del Pacífico, LGBTQ+, y aquellos que son sordos o tienen dificultades de audición. Nosotros estamos comprometidos a abordar las desigualdades y disparidades en la salud.

- La Coalición de Equidad y Salud de las Minorías de Nevada

COVID-19 ASIAN COMMUNITY TOOLKIT
Prevention Tips - Multilingual

STOP THE SPREAD OF COVID-19

1. #WASH YOUR HANDS
   - 손을 씻으세요
   - MAGHUGAS NG KAMAY
   - FUFULU OU LIMA
   - LÁVESE LAS MANOS

2. #WEAR A MASK
   - 마스크 착용
   - MAGSUOT NG MASKARA
   - FAI SE MATAPULEPULE
   - USAR UNA MÁSCARA

3. #SOCIAL DISTANCE
   - 사회적 거리
   - DISTANSYA NG LIPUNAN
   - MAMAO LAUTELE
   - DISTANCIA SOCIAL

NMHEC.ORG/ONECOMMUNITY

ONE COMMUNITY ONE RESPONSE
WE SHAPE WHAT HAPPENS NEXT.
Commercial - Mask Love Song

60 Second #OneCommunity Mask Love (VIDEO)

Watch video on YouTube (1:00)

60 Second #OneCommunity Mask Love (RADIO)

Download audio (1:00)
OneCommunity Campaign Videos

Watch video on YouTube (0:49)

Facebook/Instagram captions

We all play a vital role in taking care of one another. The OneCommunity Campaign aims to reduce the spread of COVID-19 in underrepresented communities.

For information about this campaign, resources, and community partners visit nmhec.org/onecommunity

#OneCommunity #OneResponse

Twitter captions

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#OneCommunity #OneResponse
PSA

A Message about COVID-19 from Members of the Asian Community

Watch video on YouTube (1:33)

COVID-19 Community Testimonies

Watch video on YouTube (2:58)

Joel Martinez COVID-19 Testimony

Watch video on YouTube (1:20)
COVID-19 Brief Informational Series by Dr. Ann Vuong

Contact Tracing and COVID-19

Watch video on YouTube (1:37)

Immunity and COVID-19

Watch video on YouTube (2:17)

Impact of COVID-19

Watch video on YouTube (2:04)
COVID-19 Brief Informational Series by Dr. Ann Vuong

COVID-19 is Not the Flu

Watch video on YouTube (1:48)

Stigma and COVID-19

Watch video on YouTube (1:54)
COVID-19 Health Disparities Series by Dr. Erick López

Efficacy of COVID-19 Prevention Methods
Watch video on YouTube (2:18)

Health Inequities and COVID-19
Watch video on YouTube (2:12)

Vaccine Hesitancy and COVID-19
Watch video on YouTube (2:01)
COVID-19 Vaccine Series by Dr. Cucalon Calderon

**What are Vaccines?**

Watch video on YouTube (0:33)

**How do Vaccines Work?**

Watch video on YouTube (0:22)

**How is a Vaccine Approved?**

Watch video on YouTube (0:58)
COVID-19 Vaccine Series by Dr. Cucalon Calderon

What does it Mean to “Fast Track” a Vaccine?

Watch video on YouTube (0:26)
Webinars - Amplify Equity Videos

COVID-19 Impact on the Filipino American Community

Watch video on YouTube (1:30:14)

COVID-19's Impact on Nevada's Diversity & Equity Population

Watch video on YouTube (2:13:44)

Myths vs. Facts about the COVID-19 Vaccine

Watch video on YouTube (1:59:10)
Share Your Story Campaign Email Sample

Join us in supporting the Nevada Minority Health and Equity Coalition (NMHEC), part of UNLV’s School of Public Health. UNLV’s School of Public Health received CARES funding to conduct COVID-19 education and outreach into some of our hardest-hit areas.

At a time in which COVID-19 cases continue to increase, we need to stay vigilant. At listening sessions conducted across the state, our community members shared their experiences with COVID-19 fatigue, how they have been impacted, the complications of not knowing who and what to trust, and how they are building resilience.

In collaboration with NMHEC, we are committed to sharing your stories. We want to hear from all of you - our colleagues, parents, students, caretakers, business owners, work-from-homers, and essential workers. We believe that your stories will help connect us while we are apart. When you tell your story, you’re giving others the strength to stay with it. We shape what happens next.

Here’s how to get involved.

1. Visit [How to get involved?](https://nmhec.org/onecommunity/) for more information on the campaign
2. Review the social media toolkit [https://drive.google.com/drive/folders/1nPYK5_ZLpqthXw5cLKLqglBswAXWjSeX?usp=sharing](https://drive.google.com/drive/folders/1nPYK5_ZLpqthXw5cLKLqglBswAXWjSeX?usp=sharing)
3. Share the campaign via email, newsletters, and social media platforms
   - Use the hashtags #OneCommunity #OneResponse and #NMHEC
   - Tag the Nevada Minority Health and Equity Coalition in your post @NMHEC
4. Share your story at [bit.ly/WeAreOneCommunity](https://bit.ly/WeAreOneCommunity)
   - Share a quote with a picture or a short video.
   - Don’t know what to share? Here are some prompts to help get you started:
     i. How have you been impacted and what are you doing to build resilience?
     ii. What would you like people to know about COVID-19, and how are you doing your part to protect others?
     iii. How do you stay safe when staying safe is hard?
     iv. What message would you like to share with people who are struggling during this time?
     v. What do you miss most about life before the pandemic?

We look forward to sharing your stories on our platforms in the coming days and weeks. Thank you for all you do!
Share Your Story Campaign Social Media—Facebook

**Facebook captions**

COVID-19 has impacted us all and this pandemic isn’t quite over. Chances are, you and the people you love have been through a lot together. When you tell your story, you’re giving others the strength to stay with it. We shape what happens next. For more information about the campaign, visit [nmhec.org/onecommunity](https://nmhec.org/onecommunity) To submit your story, visit [bit.ly/WeAreOneCommunity](https://bit.ly/WeAreOneCommunity)

#OneCommunity #OneResponse

Now is a great time to remember that we are #OneCommunity. Chances are, you and the people you love have been through a lot together. When you tell your story, you’re giving others the strength to stay with it. We shape what happens next. For more information about the campaign, visit [nmhec.org/onecommunity](https://nmhec.org/onecommunity)

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How has COVID impacted you? How are you building resilience? How are you protecting others? For more information about the campaign, visit [nmhec.org/onecommunity](https://nmhec.org/onecommunity) To submit your story, visit [bit.ly/WeAreOneCommunity](https://bit.ly/WeAreOneCommunity)

#OneCommunity #OneResponse
Share Your Story Campaign Social Media—Twitter

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It’s been an extraordinary time and it’s not over yet, so let’s make sure we’re still staying connected while we’re apart. When you tell your story, you’re giving others the strength to stay with it.

Upload your story in text, pics, or video at bit.ly/WeAreOneCommunity

Twitter captions

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Share Your Story Campaign Social Media—Instagram

Download images

**Instagram captions**

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#OneCommunity #OneResponse
Share Your Story Campaign Videos

**Share Your Story—Ukulele**
Download video (0:39)

**Share Your Story—Acoustic**
Download video (0:45)

**Suggested Posts**

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We thank all our partners for contributing to the development of this toolkit and working tirelessly to protect the health and well-being of our communities.

The OneCommunity campaign acknowledges that we cannot do this work alone. To reduce the spread of COVID-19 to those at greatest risk in Nevada, we must act as #OneCommunity in our response.