

Guide to Social Media

How to Use Social Media to Have Your Voice Heard in this Election

- 1.** Check out <https://ona.org/vote> to learn more about what nurses and health-care professionals are fighting for in the upcoming election so you can share to your own social media profiles.
- 2.** When posting to social media, use the hashtag #NursesVote to draw attention to the issues that matter to you! You can also include #CDNpoli to have your voice heard in the conversation about the future of our country. When possible, you can also include hashtags like #CanLab, #CanHealth, or #DemandBetterHealthCare to further increase visibility of your post.
- 3.** Post about the election or share the Nurses Vote election shareables on whichever social media platform you prefer to spread the word. A variety of shareables are available to download at <https://ona.org/vote>.
- 4.** Whether you use the Nurses Vote **resources** and attend election events like local candidates' debates, or you are phone banking or canvassing with other members, post about your experience using #NursesVote and remember to tag **@ontarionurses** on Facebook and X/Twitter **or @ontario.nurses** on Instagram!
- 5.** Share selfies of yourself with your "I'm Voting For:" sign (available to print from ona.org/vote), or outside of the voting area (like beside the Elections Canada sign) using #NursesVote to tell your followers that you have voted in the federal election!