# National EMS Week & EMSC Day Social Media Graphics & Sample Posts

1. **Social media sample posts**

Ideas for social media post with corresponding graphics listed below. Or use one of the graphics to create your own post—[Find all graphics here](https://drive.google.com/drive/folders/1y3opNS7XQpn9s3o9LK-7SaS8FvCwE5k5?usp=sharing) (includes Facebook cover graphics and profile pictures).

***Twitter, Facebook, LinkedIn***

* This year’s National EMS Week theme is *Rising to the Challenge* and will be celebrated May 15-21, 2022. Find celebration ideas at <https://bit.ly/3jAXwaw>. @emscimprovement @National.EMS.Week #EMSWeek #EMSStrong ***[Use*** [***Celebrate 1***](https://drive.google.com/file/d/1-YPb9i-uORODCNW4h6Ev9t9axfcxAjMv/view?usp=sharing)**,** [***Celebrate 2***](https://drive.google.com/file/d/1-ToJYuhpcQrkW1HD07samNMXJ9woiNaZ/view?usp=sharing)***,*** [***Celebrate 3***](https://drive.google.com/file/d/1-U9grZjdZFVK3_q7GX7F9T2lM3Fl53Pu/view?usp=sharing)***, or*** [***Celebrate 4***](https://drive.google.com/file/d/1-Rua6o5Mnoi1MmwAtw8XwUO5ZrB_gm4n/view?usp=sharing)***graphic]***
* It’s EMS Week! We would like to thank all first responders for your tireless work taking care of our children and communities - you have truly risen to the challenge. @emscimprovement @National.EMS.Week #EMSWeek #EMSStrong. **[*Use*** [***Happy EMS Week 1***](https://drive.google.com/file/d/1-OKwpyhf3oolgS3gmYdntDfgr7rfT7hf/view?usp=sharing)***,*** [***Happy EMS Week 2***](https://drive.google.com/file/d/1-LptiBUNhF328sEdz87gyJdk95Oeuy32/view?usp=sharing)**]**
* EMS for Children Day (Wednesday of National EMS Week) places a spotlight on the delivery of high-quality emergency care for children, focusing on the unique needs of critically ill or injured pediatric patients and the challenges faced by EMS professionals in meeting those needs. Find celebration ideas at: <https://bit.ly/3jAXwaw>. @emscimprovement @National.EMS.Week #EMSWeek #EMSStrong **[*Use*** [***EMSC Day 1***](https://drive.google.com/file/d/1-KILoON6QW0iNlemqFYLKruSoahMUdb-/view?usp=sharing)***,*** [***EMSC Day 2***](https://drive.google.com/file/d/1-JLGHRslwdjyFbu-UoSfBGIzcnk7KeAE/view?usp=sharing)***,*** [***EMSC Day 3***](https://drive.google.com/file/d/1-DssC-FFmEWtt1fGxaEs7qtOyNll97eS/view?usp=sharing)***, or*** [***EMSC Day 4***](https://drive.google.com/file/d/1-CcC3E1gqRgci_LsWQzoHXCwJtBIMwKz/view?usp=sharing)**]**
* In honor of EMSC Day, and in recognition of the rising incidence of mental health conditions in children and the need for self-care after experiencing the death of a child on scene, the EMSC Innovation and Improvement Center is hosting a free webinar, “COPE-ing with the Challenges of Behavioral and Mental Health Emergencies” on May 18 at 1pm ET. This webinar will explore both prehospital behavioral health emergency management and ways to "COPE" at the scene of a child's death. [Registration](https://dellmed-utexas.zoom.us/webinar/register/WN_PP2yXblvTuWMfBYddW9XRQ) is free and open to all. Continuing education credit available to registrants. ***[Use*** [***EMSC Day Webinar***](https://drive.google.com/file/d/1-ysESyUxkNqD9Ckt-XyaaV1dW8dIxT1R/view?usp=sharing) ***graphic]***

***Instagram***

*You can direct viewers to your bio and include “click the link in our bio to find celebration ideas” (*[*https://bit.ly/3jAXwaw*](https://bit.ly/3jAXwaw)*).*

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