

- Get a professional photo of you and save it on your phone (or have someone take one of you now)

- Pick your Twitter account name- @\_\_\_\_\_

Consider if this is professional only

i.e. KristinRhodesNP



- Download app for Twitter (it's free)
- Establish account
- Put in your Twitter account name, if it's already taken, it will suggest something close to that or recreate your "handle"
- Set up your profile.

Keep it focused. i.e. "I'm a \_\_\_\_ nurse practitioner in practice since \_\_\_\_\_. I practice \_\_\_\_\_ in [location]". If it's more personal add your spark of personality. If you hold other titles for leadership, put here, if you want

- Upload picture
- Select who to follow (you will see everything they post)

Magnifying glass and put in name or if known "@\_\_\_\_\_"; click on their page and check "follow" (make sure it is who you think)

- Recommendations:
 

CANP	@CaliforniaNP
CANP Orange County Chapter	@CANP_OC
AANP	@AANP_NEWS
John Moorlach (State Senator)	@JohnMWMoorlach
Donald Wagner (State Assembly)	@Donald_Wagner
Mimi Walters (US Rep)	@RepMimiWalters
Barbara Boxer (US Senate)	@SenatorBoxer
Dianne Feinstein (US Senate)	@SenFeinstein
KPCC	@KPCC
KTLA	@KTLA
Orange County Register	@ocregister
LA Times	@latimes; @latimeshealth

When you text a message, attach a photo, share a link, put in the person/business @\_\_\_\_\_ so they see your post. Share a conversation topic "#" i.e. #SB323– Senate Bill 323; #CANPHOD2015— House of Delegates meeting; #CANPLobbyDay– Lobby Day Later you can double click on # to see everyone who is discussing this

Who is my legislator? <http://ocgov.com/residents/gov/legislative/delegation>

SB 323 #SB323

Going to Assembly Business & Professions– must visit Ling Ling Chang-Dist 55 (@AsmL2Chang)

If you have Huff (@bobhuff99), Mendoza or Moorlach– thank them for supporting SB323; if you have Nguyen, thank for not voting against; if you know Bates– see if can find why no and if there's any information she needs clarification. Can't change mind but if amendments come back to Senate... need to work on her

Tweet: @JohnMWMoorlach thanks for supporting #SB323 @CaliforniaNP members care for your community

AB 637 (POLST form) #AB637

Thank your Assemblymember for passing: Travis Allen (@JoinTravisAllen), Brough (@bill\_brough), Chang, Daly, Kim (@YKAssembly), Wagner. Harper (@AsmHarper) was absent or abstained

Encourage your State senator to vote in favor

Pay attention: AB637 will go through Senate Health Committee– Janet Nguyen is vice chair (@SenJanetNguyen)

SB 277 (Vaccination) #SB277

Thank your State senator for voting in favor of: Allen, Mendoza