



Tested, safe and effective COVID-19 vaccines will help us get back in control of our lives and back to the people and places we love.

Share your own photo or video to promote vaccination.

Hear long-term care workers [share their feelings](#) on being early recipients of the vaccine, as well as [older adults](#) around the state share theirs.



Why share your decision to take the vaccine or your positive experience with the vaccine?

People want to hear from others—their decision to get the vaccine and experiences receiving the vaccine, in their own words. You can help your friends, family and community members understand how it feels to take this important step—and why you are excited to get back to the people and places you love.

How do I take the best possible photo or video?

- Ask a masked friend or family member to take your photo or record your video for you with your smartphone
- If recording a “selfie” video, try to use a mini tripod for more stability
- Frame from your chest up, if possible
- Keep your mask on to remind people that they still need to wear a mask after vaccination

What do I write in my post or say in my video?

Here are a few questions to help guide you:

- How has the pandemic affected you, your work and your family?
- Why should North Carolinians take a COVID-19 vaccine? Some folks are hesitant, why are you confident in a vaccine?
- How do you feel taking the vaccine will give you more control in your life and allow you to be closer to your loved ones?
- What does it feel like to know you now have the vaccine?
- Do you feel like this is a step closer to being with your loved ones?
- How will this help you get back to work or make work easier?
- What was the process like? Were you excited? Anxious? Ready to move on?
- Consider using North Carolina’s vaccine slogan: “You have a spot. Take your shot.”

Where do I share my photo or video?

You can share your photo or video on Facebook, Instagram, LinkedIn—anywhere you share important information and updates with your family, friends and coworkers.

Be sure to use one of our hashtags in your post:

#FindYourSpotNC

#TakeYourShotNC

Send your photo or video to NC DHHS

We also want to start compiling as many stories as possible and need your help to do so. We've created a [Google Form](#) where you can upload your photo or video promoting why you took your shot in North Carolina. Our team wants to share stories across the state to get even more people to take their shot. Once you've completed the form with your name, email and location, you can upload your photo or video and we'll incorporate what we can into the state's communications.