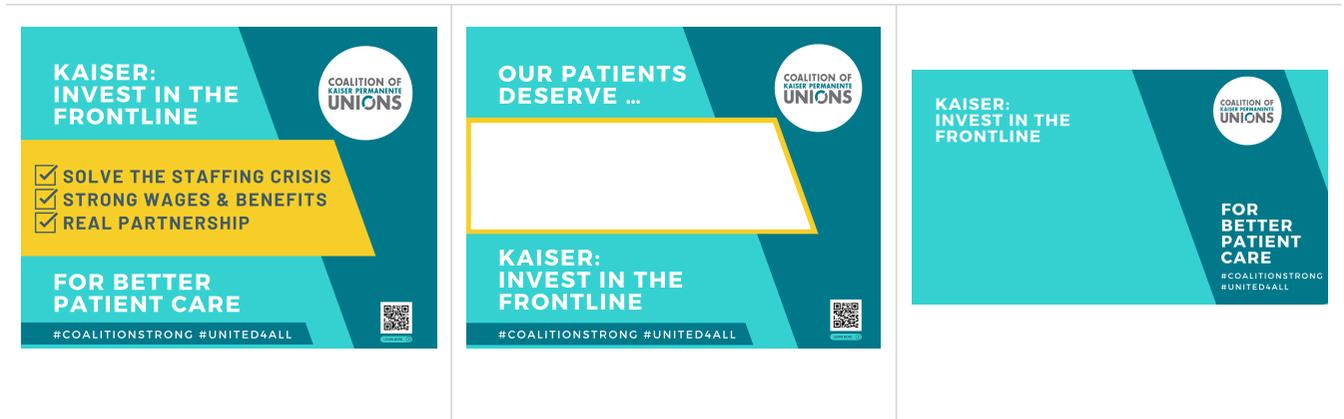# CKPU Selfie Action Tips

Take a selfie by April 7 to show we are together in calling on KP to invest in the frontline and united as we head into National Bargaining.

- Post on break time or after work
- Use **#coalitionstrong** and **#united4all** in your post
- Keep the message high road: this is about respect for frontline workers and quality care for patients
- Share photos with your local union!

Photos are allowed in the workplace as long as there is no patient id info visible. Posting and sharing our photos as union members is a concerted union activity that is protected by law.

Placards & Backgrounds: Download at www.unioncoalition.org/selfie/

How to get a great in-person shot!

Show you are a healthcare worker (scrubs/uniform, in the workplace)	No patient-identifying information is visible
Clean your camera lens and use bright, natural light (no flash)	Avoid the "mug shot" look-- straight on, white background, up against the wall
Look at the camera not your image on the screen	Messed up, try again!

How to get a great virtual shot!

Hide self-view and close the chat bar	Maximize the virtual meeting window
Look at the camera not your image on the screen	***All*** cameras and virtual backgrounds are on (those without can go to a breakout room)

Add a virtual background:

- Zoom: Settings menu>Backgrounds & Filters>Add your own image by clicking [+]>Upload the saved virtual background file>Select your new virtual background
- Microsoft Teams: Background filters (below the video image)> Add new>Upload the saved virtual background file>Select your new virtual background

Take screenshot:

- Mac: Press the Command, Shift, and 3 keys together
- PC/Windows: Alt or Windows key + Print Screen (the image will save in the pictures folder)