



The American Indian Cancer Foundation (AICAF) created the [#TurquoiseTuesday Social Media Toolkit](#) to engage community members, health professionals, and leaders working towards cancer equity in raising awareness of cervical cancer in Native communities. AICAF will celebrate cervical cancer awareness month throughout January, sharing new resources, webinars, survivor stories, PSAs and cervical health information. The Toolkit shares AICAF's events and culturally-tailored resources, and includes sample posts for Facebook and Twitter that can be easily copied and pasted into the social media platform of your choice. We encourage you to personalize these posts with pictures and information that is unique to your community!

Post Date	Facebook	Twitter
1.1.21	January is Cervical Cancer Awareness Month! Follow along as we share resources, webinars, and educational tools to raise awareness about cervical cancer in Indian Country. Don't forget to join us on #TurquoiseTuesday to help spread the word that #ScreeningSavesLives http://ow.ly/UyBK50CX0db	January is #CervicalCancer Awareness Month! Join us on #TurquoiseTuesday to help spread the word that #ScreeningSavesLives in Indian Country: LINK FB EVENT
1.2.21	American Indian and Alaska Native women are nearly TWO times more likely to develop cervical cancer in their lifetime compared to white women. Help lower your risk of developing it by: Getting vaccinated Practicing smart sex Quitting smoking Getting screened Learn more: http://ow.ly/zym150xDE3A	American Indian and Alaska Native women are ~2x more likely to develop #CervicalCancer in their lifetime compared to white women. Lower your risk: get vaccinated against #HPV , quit smoking, practice safe sex, #GetScreened . Learn more: http://ow.ly/zym150xDE3A
1.3.21	January is National Thyroid Awareness Month! The thyroid is a small, butterfly-shaped gland located at the base of the neck. Although small, it plays a huge role in the body, influencing the function of many important organs, including the heart, brain, liver, kidneys, and skin. Learn more to keep your thyroid functioning properly: http://ow.ly/ShfL50xLRRc	January is #ThyroidCancer Awareness Month. Learn more to keep your thyroid functioning properly: http://ow.ly/ShfL50xLRRc
1.4.21	Are you up to date on your cervical cancer screenings? It's recommended that Native women ages 21-29 have a Pap test every 3 years; and women ages 30-65 have a Pap test every 3 years OR both a Pap & HPV test every 5 years. Share these guidelines with loved ones to encourage them to schedule their next appointment! #CancerScreeningSavesLives	Are you up to date on your cervical cancer screenings? It's recommended that Native women ages 21-29 have a Pap test every 3 years; and women ages 30-65 have a Pap test every 3 years OR both a Pap & HPV test every 5 years. Share these guidelines! #CancerScreeningSavesLives
1.5.21	Learn what you and your loved ones can do to prevent cervical cancer! Watch AICAF's "Can I prevent cervical cancer?" webinar to find out how to reduce your risks: http://ow.ly/FwKJ50xNw1Z #CervicalCancerAwarenessMonth #ScreeningSavesLives	Learn what you and your loved ones can do to prevent cervical cancer! Watch AICAF's "Can I prevent cervical cancer?" webinar to find out how to reduce your risks: http://ow.ly/FwKJ50xNw1Z #CervicalCancerAwarenessMonth #ScreeningSavesLives
1.6.21	Individuals who have a cervix should be screened according to national guidelines. This includes transgender, gender non-conforming, or "two-spirit" Native patients. Read more about cervical cancer screening recommendations: http://ow.ly/zQBv50CRgTt #ScreeningSavesLives	Individuals who have a cervix should be screened according to national guidelines. This includes transgender, gender non-conforming, or "two-spirit" Native patients. Read more about cervical cancer screening recommendations: http://ow.ly/zQBv50CRgTt #ScreeningSavesLives
1.7.21	Confused about signs and symptoms of cervical cancer or other gynecologic cancers? This chart from CDC's Inside Knowledge campaign can help you listen to your body: http://bit.ly/2hY5eMo	Confused about signs and symptoms of #CervicalCancer or other gynecologic cancers? This chart from CDC's Inside Knowledge campaign can help you listen to your body: http://bit.ly/2hY5eMo
1.8.21	Turquoise Tuesday is fast approaching! Invite your family and friends to join our Facebook event to help raise awareness about cervical cancer in Indian Country. #CancerScreeningSavesLives #TurquoiseTuesday http://ow.ly/UyBK50CX0db	#TurquoiseTuesday is fast approaching! Invite your family and friends to join our Facebook event to help raise awareness about cervical cancer in Indian Country. #CancerScreeningSavesLives #TurquoiseTuesday http://ow.ly/UyBK50CX0db
1.11.21	Parents: protect our future generations from common HPV-related diseases with the HPV vaccine! Getting Native youth immunized at ages 11-12 can help prevent 90% of HPV-related cancers, including cervical, anal, penile, vaginal, and some throat cancers. Learn more: http://ow.ly/pTGi50xTmbw #CervicalCancerAwarenessMonth	Parents: protect our future generations from common HPV-related diseases with the #HPV vaccine! Getting Native youth immunized at ages 11-12 can help prevent 90% of HPV-related cancers, including cervical, anal, penile, vaginal, and some throat cancers. Learn more: http://ow.ly/pTGi50xTmbw #CervicalCancerAwarenessMonth
1.12.21	Turquoise Tuesday happens in ONE WEEK! Help raise awareness about cervical cancer screening in Indian Country by sharing our PSA: http://ow.ly/cZMd50xUnQC #ScreeningSavesLives #PapsSavesLives #CervicalCancerAwareness 1/19	Turquoise Tuesday happens in ONE WEEK! Help raise awareness about #CervicalCancer screening in Indian Country by sharing our PSA: http://ow.ly/cZMd50xUnQC #ScreeningSavesLives #PapsSavesLives #CervicalCancerAwareness 1/19
1.15.21	Do you have questions about the results of a recent Pap test? Watch AICAF's "My Pap smear was abnormal. . . now what?" webinar to learn about the steps you should take following abnormal test results: http://ow.ly/HJ8S50xTmqD #CervicalCancerAwarenessMonth	Do you have questions about the results of a recent Pap test? Watch AICAF's "My Pap smear was abnormal. . . now what?" webinar to learn about the steps you should take following abnormal test results: http://ow.ly/HJ8S50xTmqD #CervicalCancerAwarenessMonth
1.19.21	Happy Turquoise Tuesday! Today AICAF staff is rocking turquoise clothing & jewelry to spread the word about cervical cancer disparities in our communities. Join our Facebook event to learn more about how YOU can raise awareness about cervical cancer in Indian Country: http://ow.ly/UyBK50CX0db Remember to tag us in your #TurquoiseTuesday pics for a chance to win an AICAF prize!	Happy #TurquoiseTuesday ! Today AICAF staff is rocking turquoise clothing & jewelry to spread the word about #CervicalCancer disparities in our communities. Join our Facebook event to learn more about how YOU can raise awareness about cervical cancer in Indian Country: LINK FB EVENT

1.22.21	Keep up with the latest news about #CervicalCancer. Check out this video from the National Cancer Institute to learn about key topics and trends in cervical cancer statistics: http://ow.ly/b3xr50xTmKC	Keep up with the latest news about #CervicalCancer. Check out this video from the National Cancer Institute to learn about key topics and trends in cervical cancer statistics: http://ow.ly/b3xr50xTmKC
1.23.21	Thank you to all who joined us for #TurquoiseTuesday, and for helping to raise awareness of cervical cancer disparities in Native communities! You are making a difference for so many of our loved ones across Indian Country! #CervicalCancerAwarenessMonth #ScreeningSavesLives.	Thank you to all who joined us for #TurquoiseTuesday, and for helping to raise awareness of #CervicalCancer disparities in Native communities! You are making a difference for so many of our loved ones across Indian Country! #CervicalCancerAwarenessMonth #ScreeningSavesLives.
1.25.21	It's time for #CervicalCancer Trivia! Test your cervical cancer knowledge by commenting the correct answer below. Tag a friend to get them involved and help raise cervical cancer awareness in Indian Country! http://ow.ly/1tFF50CQCMB #CancerScreeningSavesLives	Join us for #CervicalCancer trivia on FB for a chance to win an AICAF prize. #CancerScreeningSavesLives #TurquoiseTuesday. LINK FB POST
1.27.21	Clinicians: Need some guidance on addressing common questions about the HPV vaccine? This document of tips and timesavers can help: http://bit.ly/HPVTipsTimesavers	Clinicians: Need some guidance on addressing common questions about the #HPV vaccine? This document of tips and timesavers can help: http://bit.ly/HPVTipsTimesavers
1.29.21	Did you know that some 11-12 year olds may only need 2 doses of the HPV vaccine for it to be effective? Get the latest info from this handy CDC decision tree: http://bit.ly/2zvdl5p	Did you know that some 11-12 year olds may only need 2 doses of the #HPV vaccine for it to be effective? Get the latest info from this handy CDC decision tree: http://bit.ly/2zvdl5p
1.31.21	There are several treatment options for cervical cancer. Talk to your doctor to learn which treatment is right for your type and stage of cancer: http://ow.ly/1eEl50y5dK7	There are several treatment options for #CervicalCancer. Talk to your doctor to learn which treatment is right for your type and stage of cancer: http://ow.ly/1eEl50y5dK7