



The American Indian Cancer Foundation (AICAF) created the [#TurquoiseThursday 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 and existing resources, 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
1.3.22	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 <a href="#">#TurquoiseThursday</a> to help spread the word that <a href="#">#ScreeningSavesLives</a> . <a href="http://ow.ly/BP3950H9QNH">http://ow.ly/BP3950H9QNH</a>	January is <a href="#">#CervicalCancer</a> Awareness Month! Join us on <a href="#">#TurquoiseThursday</a> to help spread the word that <a href="#">#ScreeningSavesLives</a> in Indian Country: <a href="http://ow.ly/BP3950H9QNH">http://ow.ly/BP3950H9QNH</a>
1.4.22	Native women are TWO times more likely to develop <a href="#">#CervicalCancer</a> in their lifetime compared to white women. Lower your risk: get vaccinated against <a href="#">#HPV</a> , quit smoking, practice safe sex, <a href="#">#GetScreened</a> . Learn more: <a href="http://ow.ly/zym150xDE3A">http://ow.ly/zym150xDE3A</a>	Native women are TWO times more likely to develop <a href="#">#CervicalCancer</a> in their lifetime compared to white women. Lower your risk: get vaccinated against <a href="#">#HPV</a> , quit smoking, practice safe sex, <a href="#">#GetScreened</a> . Learn more: <a href="http://ow.ly/zym150xDE3A">http://ow.ly/zym150xDE3A</a>
1.5.22	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: <a href="http://ow.ly/ShfL50xLRRC">http://ow.ly/ShfL50xLRRC</a>	January is <a href="#">#ThyroidCancer</a> Awareness Month. Learn more to keep your thyroid functioning properly: <a href="http://ow.ly/ShfL50xLRRC">http://ow.ly/ShfL50xLRRC</a>
1.5.22	It's time for <a href="#">#CervicalCancer</a> Trivia! Test your cervical cancer knowledge by commenting the correct answer below. Those with correct answers will be entered to win a prize at the end of month! <a href="#">#CancerScreeningSavesLives</a> T/F Adults 27-45 may receive the HPV vaccination.  Answer posted later: True- Some adults 27-45 can receive the HPV vaccination. The most optimal ages for the vaccine are between 9-26-years-old. You can discuss the benefits of HPV vaccination with your health care provider.	
1.6.22	Are you up to date on your cervical cancer screenings? It's recommended that Native women ages 21-29 have a Pap test every three years; and women ages 30-65 have a Pap test every three years OR both a Pap & HPV test every five years. Check out the tools used during a Pap test so you know what to expect at your next appointment! <a href="http://ow.ly/L2WJ50H9Pea">http://ow.ly/L2WJ50H9Pea</a> <a href="#">#CancerScreeningSavesLives</a>	Are you up to date on your cervical cancer screenings? It's recommended that Native women ages 21-29 have a Pap test every three years; and women ages 30-65 have a Pap test every three years OR both a Pap & HPV test every five years. Check out the tools used during a Pap test so you know what to expect at your next appointment! <a href="http://ow.ly/L2WJ50H9Pea">http://ow.ly/L2WJ50H9Pea</a> <a href="#">#CancerScreeningSavesLives</a>
1.7.22	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: <a href="http://ow.ly/FwKJ50xNw1Z">http://ow.ly/FwKJ50xNw1Z</a> <a href="#">#CervicalCancerAwarenessMonth</a> <a href="#">#ScreeningSavesLives</a>	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: <a href="http://ow.ly/FwKJ50xNw1Z">http://ow.ly/FwKJ50xNw1Z</a> <a href="#">#CervicalCancerAwarenessMonth</a> <a href="#">#ScreeningSavesLives</a>
1.10.22	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: <a href="http://ow.ly/zQBv50CRgTt">http://ow.ly/zQBv50CRgTt</a> <a href="#">#ScreeningSavesLives</a>	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: <a href="http://ow.ly/zQBv50CRgTt">http://ow.ly/zQBv50CRgTt</a> <a href="#">#ScreeningSavesLives</a>
1.11.22	Turquoise Thursday is fast approaching! Invite your family and friends to join our Facebook event to help raise awareness about cervical cancer in Indian Country. <a href="http://ow.ly/BP3950H9QNH">http://ow.ly/BP3950H9QNH</a> <a href="#">#CancerScreeningSavesLives</a> <a href="#">#TurquoiseThursday</a>	Turquoise Thursday is fast approaching! Invite your family and friends to join our Facebook event to help raise awareness about cervical cancer in Indian Country. <a href="http://ow.ly/BP3950H9QNH">http://ow.ly/BP3950H9QNH</a> <a href="#">#CancerScreeningSavesLives</a> <a href="#">#TurquoiseThursday</a>
1.12.22	It's time for <a href="#">#CervicalCancer</a> Trivia! Test your cervical cancer knowledge by commenting the correct answer below. Those with correct answers will be entered to win a prize at the end of month! <a href="#">#CancerScreeningSavesLives</a> T/F Most people with an abnormal Pap test result do not have cancer.  Answer posted later: True - most people with an abnormal Pap test result do NOT have cancer, but there are times when an abnormal result may show cancerous cells. An abnormal result may occur for several reasons, including the indication of precancerous cells. Because of this, it is very important you follow up with your health care provider on any abnormal result to discuss the next steps.	

1.13.22	Turquoise Thursday happens in ONE WEEK! Help raise awareness about cervical cancer screening in Indian Country by sharing our PSA: <a href="http://ow.ly/cZMd50xUnQC">http://ow.ly/cZMd50xUnQC</a> and wearing turquoise next week! #ScreeningSavesLives #PapsSavesLives #CervicalCancerAwareness	Turquoise Thursday happens in ONE WEEK! Help raise awareness about cervical cancer screening in Indian Country by sharing our PSA: <a href="http://ow.ly/cZMd50xUnQC">http://ow.ly/cZMd50xUnQC</a> and wearing turquoise next week! #ScreeningSavesLives #PapsSavesLives #CervicalCancerAwareness
1.14.22	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: <a href="http://ow.ly/pTGt50xTmbw">http://ow.ly/pTGt50xTmbw</a> #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: <a href="http://ow.ly/pTGt50xTmbw">http://ow.ly/pTGt50xTmbw</a> #CervicalCancerAwarenessMonth
1.17.22	Do you have questions about the results of a recent Pap test? Check out AICAF's new Pap results resource to learn what your test results could mean. <a href="http://ow.ly/nw0a50H9Pvf">http://ow.ly/nw0a50H9Pvf</a> #CervicalCancerAwarenessMonth	Do you have questions about the results of a recent Pap test? Check out AICAF's new Pap results resource to learn what your test results could mean. <a href="http://ow.ly/nw0a50H9Pvf">http://ow.ly/nw0a50H9Pvf</a> #CervicalCancerAwarenessMonth
1.18.22	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: <a href="http://bit.ly/2hY5eMo">http://bit.ly/2hY5eMo</a>	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: <a href="http://bit.ly/2hY5eMo">http://bit.ly/2hY5eMo</a>
1.19.22	It's time for #CervicalCancer Trivia! Test your cervical cancer knowledge by commenting the correct answer below. Those with correct answers will be entered to win a prize at the end of month! #CancerScreeningSavesLives T/F Individuals can lower their risk of getting cervical cancer.  Answer to be posted later: True - To lower your risk, get screened as recommended, and get the HPV vaccine if you are in the recommended age group. The HPV vaccine is only recommended for those nine-years-old to 26-years-old. However, some individuals up to 45- years- old may decide to get the vaccination after speaking with their doctor.	
1.20.22	Happy Turquoise Thursday! 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: <a href="http://ow.ly/BP3950H9QNH">http://ow.ly/BP3950H9QNH</a> Remember to tag us in your #TurquoiseThursday pictures!	Happy Turquoise Thursday! 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: <a href="http://ow.ly/BP3950H9QNH">http://ow.ly/BP3950H9QNH</a> Remember to tag us in your #TurquoiseThursday pictures!
1.21.22	Thank you to all who joined us for #TurquoiseThursday, 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.	Thank you to all who joined us for #TurquoiseThursday, 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.
1.24.22	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: <a href="http://ow.ly/b3xr50xTmKC">http://ow.ly/b3xr50xTmKC</a>	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: <a href="http://ow.ly/b3xr50xTmKC">http://ow.ly/b3xr50xTmKC</a>
1.25.22	Cancer screenings can be overwhelming when you are a survivor of abuse or domestic violence. Use AICAF's new survivor sovereignty resource as a guide on your healing journey and know you are not alone. <a href="http://ow.ly/liK950H9PQ4">http://ow.ly/liK950H9PQ4</a>	Cancer screenings can be overwhelming when you are a survivor of abuse or domestic violence. Use AICAF's new survivor sovereignty resource as a guide on your healing journey and know you are not alone. <a href="http://ow.ly/liK950H9PQ4">http://ow.ly/liK950H9PQ4</a>
1.26.22	It's time for #CervicalCancer Trivia! Test your cervical cancer knowledge by commenting the correct answer below. Those with correct answers will be entered to win a prize at the end of month! #CancerScreeningSavesLives T/F A Pap test is oftentimes a part of the screening process for cervical cancer.  Answer to be posted later: True - A Pap test can detect abnormal cells in the cervix, including cancer cells and cells that show changes that increase the risk of cervical cancer. During a Pap test, your doctor scrapes and brushes cells from your cervix, which are then examined in a lab for abnormalities.	
1.27.22	Did you know that some 11-12 year olds may only need two doses of the HPV vaccine for it to be effective? Get the latest info from this handy CDC decision tree: <a href="http://bit.ly/2zvdI5p">http://bit.ly/2zvdI5p</a>	Did you know that some 11-12 year olds may only need two doses of the HPV vaccine for it to be effective? Get the latest info from this handy CDC decision tree: <a href="http://bit.ly/2zvdI5p">http://bit.ly/2zvdI5p</a>
1.31.22	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: <a href="http://ow.ly/1eEl50y5dKZ">http://ow.ly/1eEl50y5dKZ</a>	There are several treatment options for #CervicalCancer. Talk to your doctor to learn which treatment is right for your type and stage of cancer: <a href="http://ow.ly/1eEl50y5dKZ">http://ow.ly/1eEl50y5dKZ</a>