



# Protect Me With 3+

YOUR HEALTH IS WORTH A SHOT!



## Video Submission Checklist

**Before you submit your video, make sure you check for the following:**

### FORMATTING

- ☐ My video is no longer than 30 seconds long.
- ☐ My video is saved as an .AVI, .MOV, .MP4, MPEGPS, or .WMV file type.

### CONTENT

- ☐ I only discussed **1** of the four vaccine categories in my video (Tdap, HPV, meningococcal OR flu).
- ☐ I included **3** facts directly from [www.protectmewith3.com](http://www.protectmewith3.com) and didn't use information from other websites in my video.
- ☐ I either said or wrote as text the statement "For more information go to [www.protectmewith3.com](http://www.protectmewith3.com)" in my video.
- ☐ I either said or wrote as text the statement "Talk to your parents about getting vaccinated. Your health is worth a shot" in my video.

### SPELLING & GRAMMAR

- ☐ I checked my spelling and pronunciations of words in my video.  
**(Tdap, HPV, meningococcal, influenza/flu)**
- ☐ I asked my teacher and/or parent to check my spelling and pronunciations of words in my video.

### COPYRIGHT

- ☐ I didn't include any copyrighted material in my video (including copyrighted songs, brand names, or trademarks).
- ☐ I didn't include any copyrighted music or audio. The music/audio in my video is original or royalty free.
- ☐ I didn't use the brand name of any vaccines in my video (example: Gardasil for HPV).

### GENERAL

- ☐ My video is in English or Spanish.
- ☐ I didn't use any inappropriate, indecent, obscene, hateful, sexually inappropriate, or defamatory content in my video.
- ☐ I've never submitted this video in a different promotion or contest of any kind.

### LAST BUT NOT LEAST...

- ☐ I am submitting my video on or before January 26, 2020.

**NOW YOU'RE READY TO SUBMIT YOUR VIDEO!**