



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 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" 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 24, 2021.

NOW YOU'RE READY TO SUBMIT YOUR VIDEO!