

Self-recorded videos for social media sharing

Possible idea for the video text

Hi, I am XY from <country> living with pulmonary hypertension (also known as PH), a progressive rare lung disease, without any known cure. Patients with PH may feel breathless and it may take up to 3 years to get the appropriate treatment.

<your patient story/journey in very few sentences>

Since 2012 we have been organizing World PH Day on May 5th, a series of awareness events. We hope these events help earlier diagnosis and medication to raise quality of life and life expectancy.

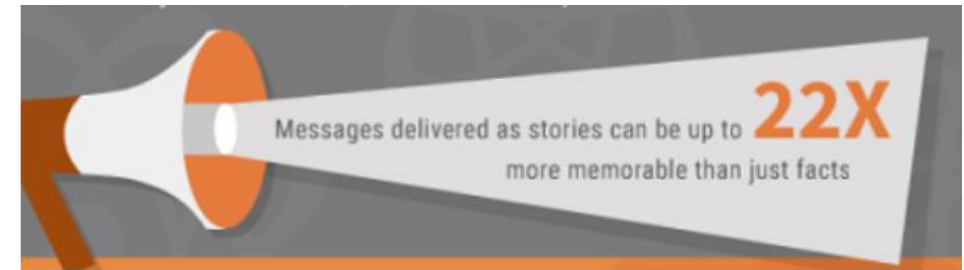
COVID-19 put a stop to this year's events.<< <Me> and my fellow patients who are at high risk could not leave our home for months for several reasons. >>

Although we keep in touch virtually with our loved ones, our situation is mentally challenging.

Please help us spread awareness about pulmonary hypertension and stay connected with us.

PH matters. Stay safe!

Post recording tasks: English subtitle | logo (s) | blue ribbon with „Coping with PH” | direct upload to social media channels



How to film your video:

- On mother tongue
- Make horizontal video, if using a phone
- Use microphone or headset - no noise nearby
- Use as high video quality as possible
- Do not zoom on your face/body too much, use only the 2/3 of the screen, preferably the lower part
- Avoid dotted and striped clothes
- Light background preferably in nature (garden) or in your house
- Max. 1 min. to comply with social media platforms

Need more tips?

<https://lnnk.in/ate8>

