

# Share your COVID-19 experience

## Have you had COVID-19?

### Are happy to share your experience?

You can help reassure others going through COVID-19.

### We need a short selfie-video (under 1 minute) telling us what having COVID-19 was like for you.

We'll post your video on our Protect Greater Wellington Facebook page. We'll add a title slide at the beginning and a contact slide for the DHB at the end. You will get to see the finished video before we share it.

**How you managed your symptoms.**

**What COVID-19 felt like.**

**How you coped with self-isolation.**

**If your children had COVID-19.**

**What help you received from other people to get you through.**



## Tips for filming your video

We need to see and hear you clearly.

Turn off your TV or radio.

Using headphones with a microphone might help.

Check you don't have anything in the background that you don't want other people to see.

Choose a place where you have nice natural light

Hold the phone upright with the camera in 'selfie' mode

Minimise camera-shake. Use a selfie stick. Or prop the phone on a shelf. Or get someone to hold the phone for you.

Do a test run or two (or three) until you are happy with how the video looks and sounds.

Remember: the video is meant to be short – less than a minute.

Be natural and be yourself.

**What you share can help somebody else feel better about their COVID-19 situation.**

**If you have any questions.** Or you need help with your video email [amy.el-agez@ccdhb.org.nz](mailto:amy.el-agez@ccdhb.org.nz)