

NDHM 2018 Social Media Guide

What better way to celebrate National Dental Hygiene Month 2018 (NDHM18) than by celebrating the people who make the biggest difference in dental hygiene every day: dental hygienists! This month is all about pride in the dental hygiene profession, so help us celebrate you and the vast range of roles you play in changing lives for the better every day.

How to get involved

This October, follow along on ADHA's [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#) channels and share our posts to help us bring this campaign to life and spread the word about the incredible work dental hygienists do – the work YOU do.

Be part of the conversation and tell the world your story. Use the official hashtags #DHProud and #NDHM18 in all your posts and comments! Make sure you tag @youradha so we can share your stories too!

Need help thinking of things to post? Here are some ideas to get you started!

- Tell us a story. Share a time that you were so #DHProud that you knew you were in the right profession.
- Dental hygienists are educated and skilled professionals. Share something about your profession that people may not know about.
- You are a prevention specialist. Share a story about how what you do can help save lives.
- Talk about the oral/systemic link and what dental hygienists do to improve their patient's overall health.
- Share a favorite memory from dental hygiene school.
- Talk about your biggest wishes for the future of the profession.

Activities

We'll have a few social media activities going on throughout the month for you, as well. You can participate in the #DHProud photo campaign by [submitting a photo and caption](#) about what makes you proud to be a dental hygienist. You'll have a chance to be featured on our social channels throughout October!

ADHA will be hosting a #BeDHProud Twitter storm on Wednesday, Oct. 3 from 1-2pm CT. Join the conversation and share your dental hygiene pride! You can find a guide and sample tweets [here](#).