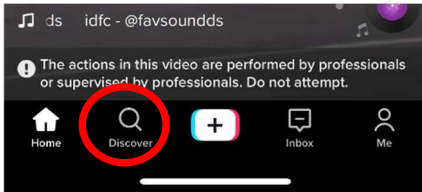


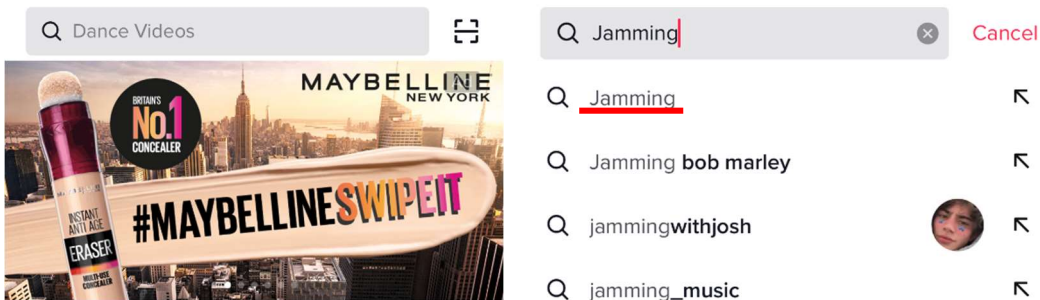
Step by Step guide for filming your own video on TikTok

The key is to include the NHS vaccination sticker and ensure the video is created on TikTok, with the Bob Marley 'Jamming' sound clip from TikTok, **not another source**.

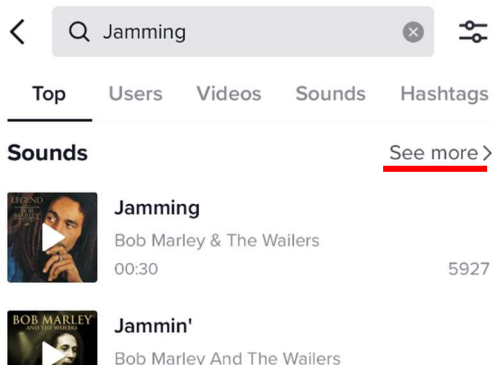
1. Open the TikTok App and click on **'Discover'** in the bar along the bottom.



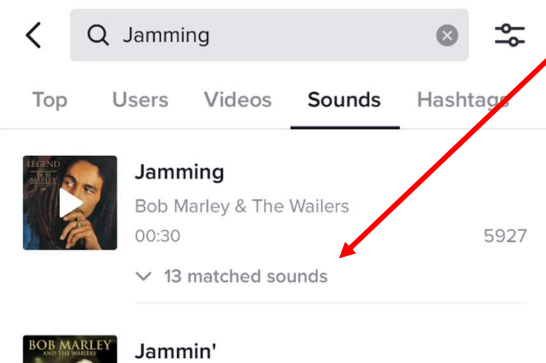
2. In the search bar, type in **'Jamming'**, click on the first option that drops down.



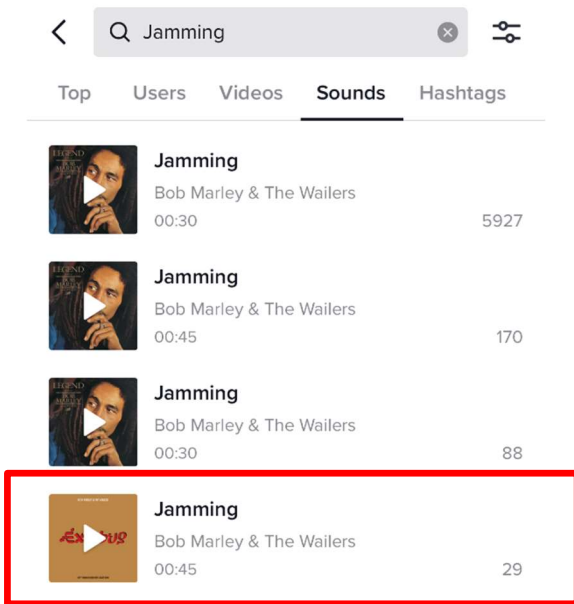
3. Click on **'See more'** in the right-hand corner.



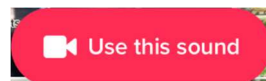
4. Then select the drop down which says **'13 matched sounds'**.



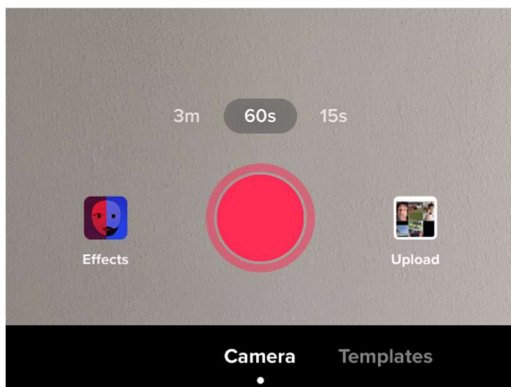
5. Select this this sound clip:



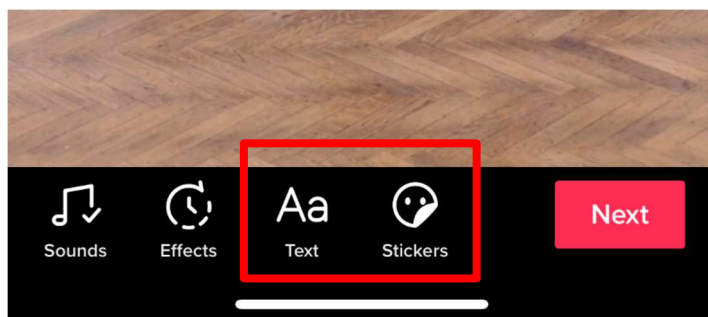
6. Then press the red button which says use this sound.



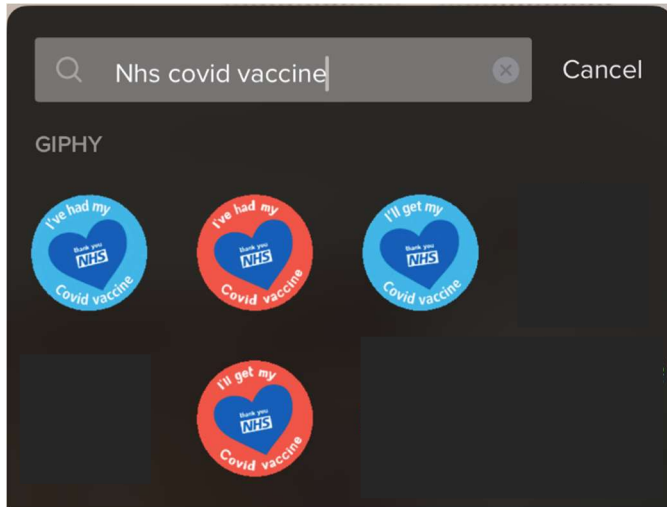
7. Select **60s**, you will only need to record for around 27 seconds until the end of the routine (when the lyrics say "see it through").



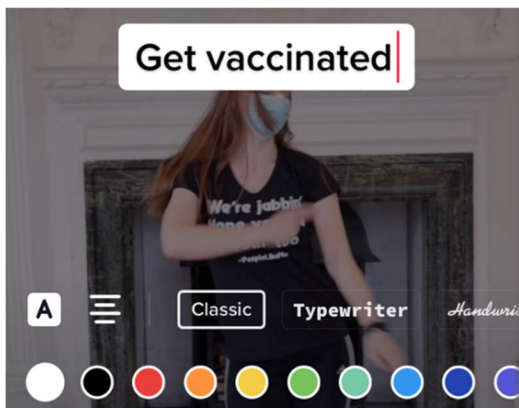
8. Once the video is recorded you can attach the sticker and text.



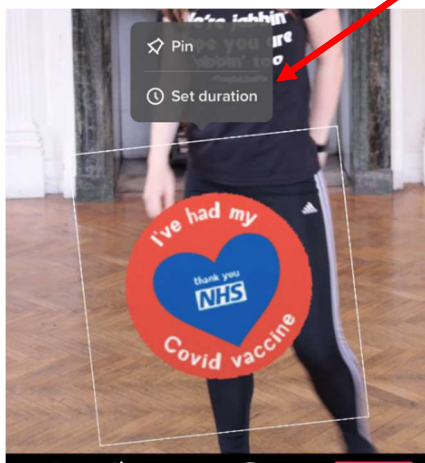
- Click on the **'Stickers'** icon and type into the search bar **'NHS covid vaccine'**. Please use the *'I've had my Covid vaccine'* if the person / people in the video have had their jab or use *'I'll get my Covid vaccine'* if they have not.



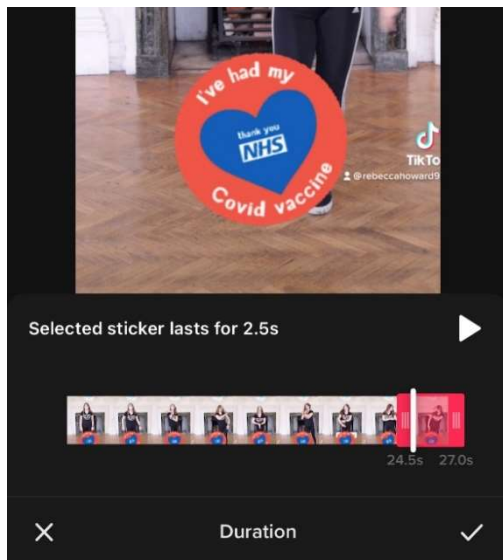
- Using the **'Text'** icon you can input the wording **'Get vaccinated!'**. Using the **A** icon you can change the look of the text. You can also move the text around and resize it to fit around the dancer.



- Once you have placed the sticker and text, if you click and hold down on them, you will see the pop up below. By clicking **'Set duration'** you can set how long the sticker / text appears on screen.

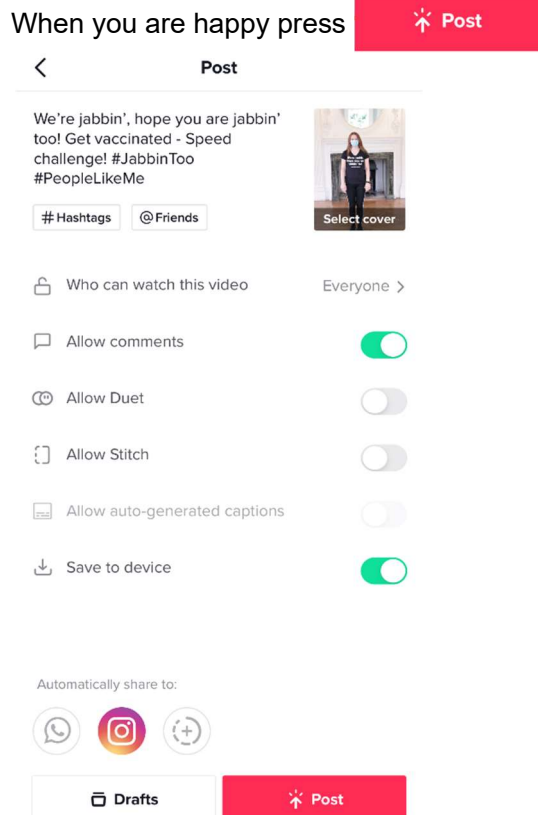


12. Use the red bar along the bottom to set the duration. Click the tick to confirm when you are happy. We set our text and sticker duration to last for the last 2.5s of the video.



13. When you are happy with the video, click **'Next'** and you will go to the screen below. In the **'Describe your video'** section please include the wording: *We're jabbin', hope you are jabbin' too! Get Vaccinated – Speed challenge! #JabbinToo #PeopleLikeMe*

If you want to share your video to your Instagram account make sure you select the Instagram logo, this will share it directly. Please also make sure your video is visible to 'Friends' or 'Everyone' and make sure you save the video to your device, see settings below.



Once the video is saved to your device, with the TikTok watermarks, you can share the video on your other social media accounts. Please remember to use the social media post caption wording.