Facebook... schedule your posts

- **Week One** – Introducing your situation

  - Post 1 *(Tuesday)*: Explain reason you’re on dialysis, and that you’re now in need of a transplant; preferably a Living Donor transplant.

  - Post 2 *(Saturday)*: Explain the wait for a deceased donor kidney is up to 7 years; and risks of being on dialysis. Share with folks you’re hoping on a living donor transplant.

- **Week Two** – Share facts about Living Donation

  - Post 3 *(Tuesday)*: List the top 7 myths and facts. (See Fact Sheet)

  - Post 4 *(Saturday)*: Explain that a living donor kidney lasts twice as long and typically has much better outcomes than a deceased donor kidney. Let alone the wait time is less than 6-months vs. the many years on dialysis.

- **Week Three** – Share the Joys of Life… and Call to Action

  - Post 5 *(Saturday)*: Share something positive and personal that you enjoy about life. And that you’re hoping with your kidney transplant, you’ll be able to improve your quality of life and enjoy this item again/more. **Ask people to consider getting tested!**

  - Post 6+… repeat (posts 1-5 again.)