

Stay in touch with social media

When trying to stay connected with friends and families through any health care journey, social networks can make communication easier. The greatest source of support can be your family and friends. Many resources are available to share your story and your child's progress, while keeping your information and your social media communications protected. Below are some suggested sites and ways to stay in touch.



Caring Bridge

Create a personal Caring Bridge website to share health updates, photos, and videos with the people who care about you.

- You are able to select the privacy settings (private or public).
- Your personal website is designed to seek support from your family and friends, and provide updated information on your child's progress.



Facebook Groups

Create a personal page or group for your child's health journey to share information, updates, and/or photos.

- Members can be added or deleted at any time by you as the creator of the group.
- You are in control of the privacy settings
 - Closed group (only those invited by group members can join)
 - Secret group (only those in the group can see the page)
 - Open group (public page)



Meal Train

Create a personal page to organize your family's needs.

- Family and friends can sign up to provide meals to your family at times that are convenient for you.
- Each Meal Train has a unique web address for you to share.
- Only those with that address will have access to participate.
- Options for organizing multiple meals, rides, childcare, household chores, etc.

Social media security tips

Check all the webpage's privacy settings.

- A private page is the safest way to protect your child's identity.
- A private page should require that members be approved before joining.
- Keep in mind that even posts set to private settings have the potential to be captured as a screenshot and shared in places beyond your control.
- Only follow and accept requests from people that you know and trust.

Never disclose your location and remove any location tags from all photos.

- Many smartphones automatically tag your location. You can easily remove this function on most smartphones.

Be selective about the photos you share.

- Be careful to not show ID bands, medical charts or white boards that contain information such as date of birth, legal name or record numbers.
- Keep all health-related updates as brief as possible. The less detail, the better.



Please know that our staff is encouraged to not participate on social media sites with their patients and their families. Although you may develop strong relationships with the staff caring for your child, this keeps in line with the UC Davis Health social media policy.