

Instructions for Using the American Lung Association's Canva template

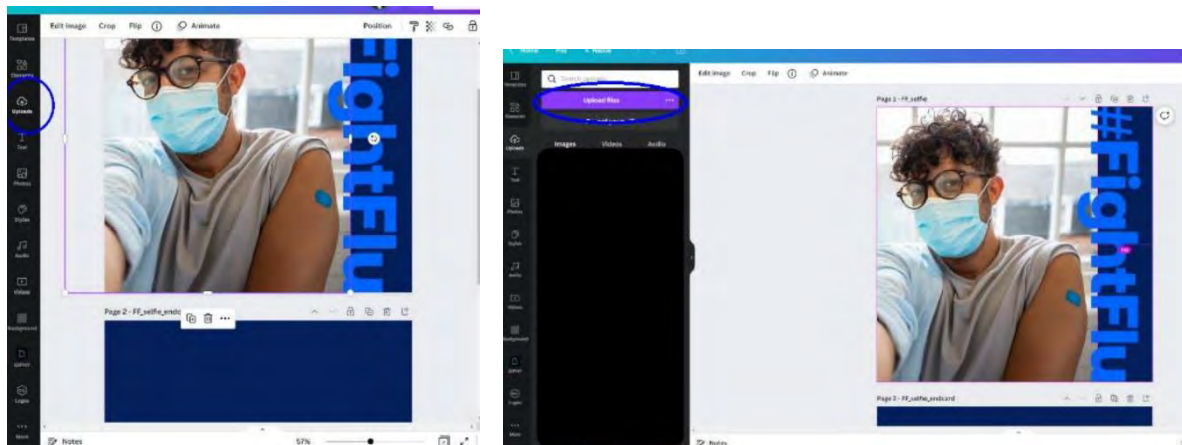
From Desktop

Step One: Open the [Canva Template](#)

Step Two: Click “Use Template as New Design”

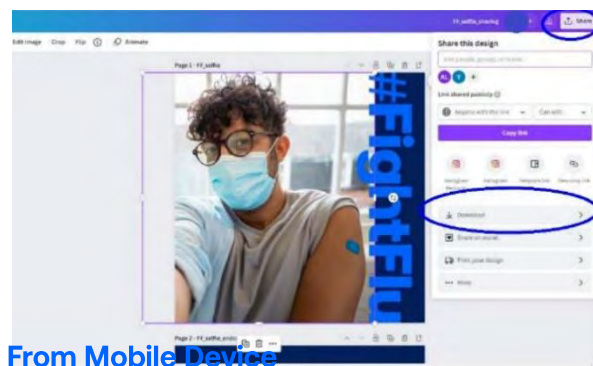
Step Three:

- Upload your own picture to Canva
- At the top righthand side of the graphic, right above the hashtag in #FightFlu, click the “lock” icon to unlock the image. If you do not unlock the image, you will not be able to edit the photo.
- Click on the original photo in the middle of the graphic and delete it.
- Drag your uploaded photo to the blue space in the template
 - The image should automatically fit to this space, if not you can resize as needed
 - If your image covers up the #FightFlu hashtag, you can fix this by right clicking on your image, clicking “layer” and choosing the option “send to back”



Step Four:

All you have to do now is click “Share” in the upper right-hand corner. Download your image or share directly to social media. Don't forget to add text to your post. Suggested text can be found in our #FightFlu social media toolkit.



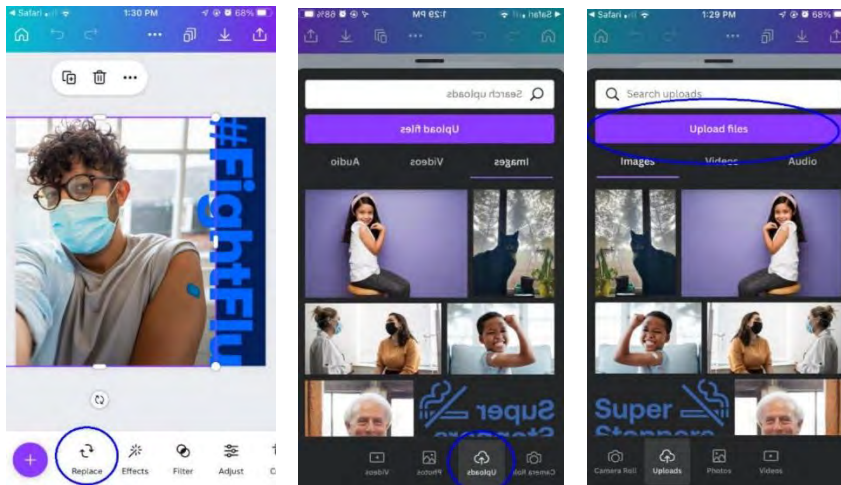
From Mobile Device

Step One: Open the Canva Template

Step Two: Click “Use Template as New Design”

Step Three:

- Turn your phone sideways to see more options. At the top righthand side of the graphic (not the screen), click the “lock” icon to unlock the image. If you do not unlock the image, you will not be able to edit the photo.
- Turn your phone back to vertical and click the photo currently in the template. Hit “replace” located on the bottom navigation bar.
- Click “upload files” and upload photo from your personal device. It should automatically fit into the space of the graphic.



Step Four:

All you have to do now is click “Share” (the icon with the arrow pointing upward” in the upper right-hand corner. Download your image or scroll through your sharing options to post directly to social media. Don't forget to add text to your post. Suggested text can be found here.

