What is Facebook? Facebook is a free-access social networking website that allows people to interact, share photos, and find people. In addition to using Facebook for social purposes, many people use it professionally for business networking**.**

Sign Up for Facebook

   Step1: Go to the www.facebook.com

   Step 2: Enter your full name.

   Step 3: Enter your email address and password.

   Step 4: Select Male or Female.

   Step 5: Select your birthday (Facebook requires you provide your real date of birth to encourage authenticity and provide only age-appropriate access to content. You will be able to hide this information from your profile if you wish)

   Step 6: Click on the **Sign up button**.

   Step 7: Go to the email that you used to join Facebook.

   Step 8: Open the Registration Confirmation email from Facebook.

   Step 9: Click on the verification link.

   Step 10: Now you can access Facebook.

   Step 11: Once you are on Facebook, on the top right corner where the **search** box appears type **Oral Health Florida**. This is going to take you to the **Oral Health Florida** Facebook page. **LIKE US** when you are there, and the page will keep you updated with the latest news regarding Oral Health in the State of Florida.

If you already have a Facebook account, type on the search box Oral Health Florida, and then become LIKE US!

You can also scan this on your phone and go directly to our OHF Facebook page.

What is Twitter? Twitter is a service for friends, family, and co-workers to communicate and stay connected through the exchange of quick, frequent messages. People write short updates, often called "tweets" of 140 characters or fewer.

Sign Up for Twitter

Step 1: Go to www.twitter.com

Step 2: Click on Get Started Now to join in

Step 3: Enter your full name

Step 4: Username

Step 5: Password

Step 6: Email address

Step 7: Click create my account

Step 8: Once your account have been created. Look for the **search** box, and type **Oral Health Florida**.

Step 9: When you are on the **Oral Health Florida** Twitter page, click on **follow us**, and we would keep you updated with the latest news regarding Oral Health in the State of Florida.

If you already have a Twitter account, type on the search box Oral Health Florida, and then follow us.

You can also scan this on your phone and go directly to our OHF twitter page.