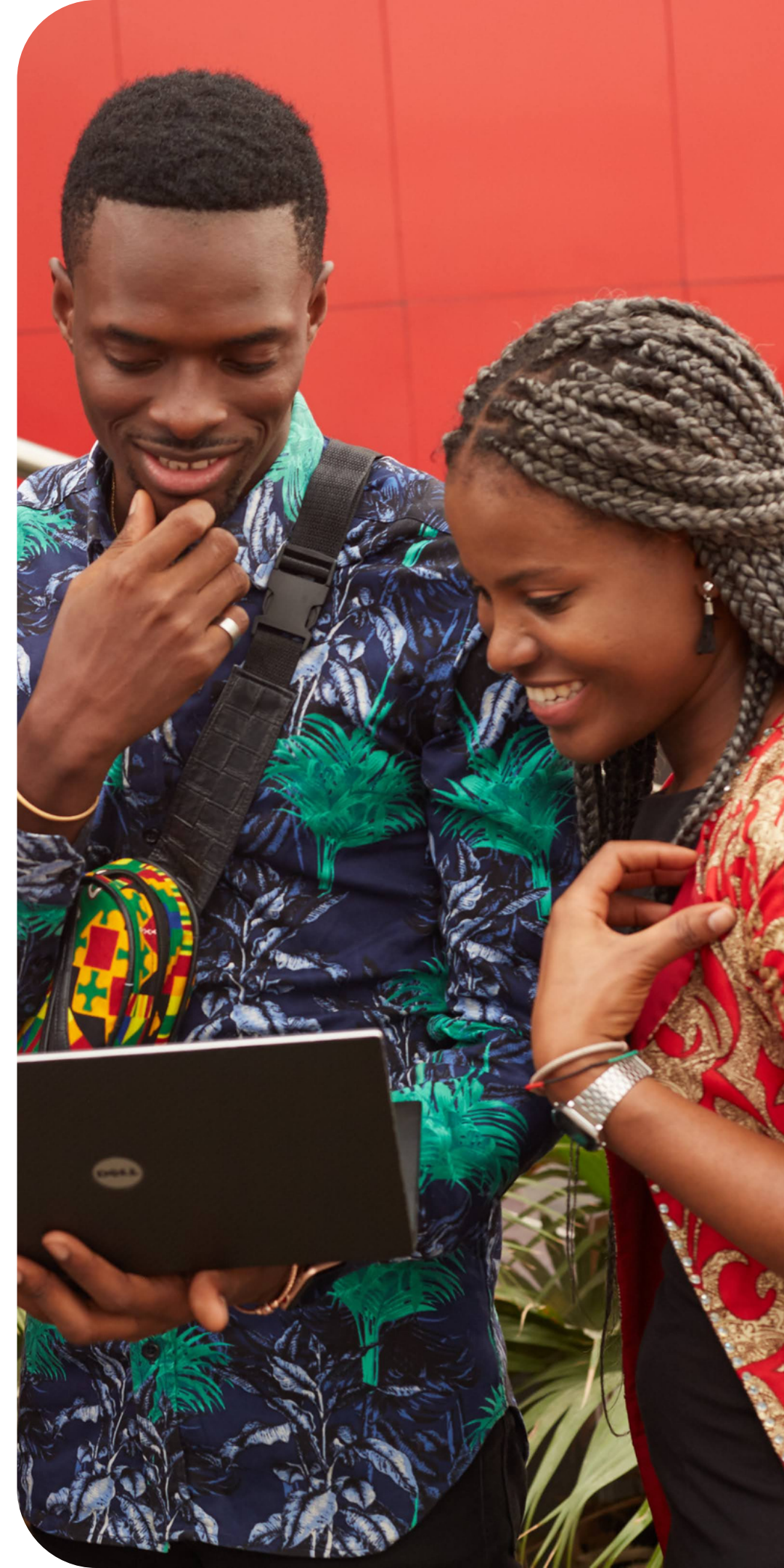
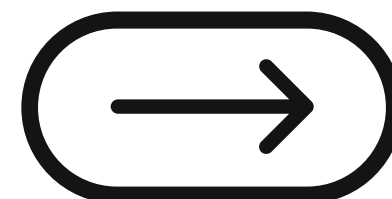




10 Steps for Making a Tiktok

Tips and Step-by-Step Instructions for All





**Download
the app**

iPhones and iPads

Download from the App Store

Windows Devices

Download from the Play Store



All Devices

1. Allow access to your photos, videos, and microphone
2. Create an account
3. Scroll through for a bit! Familiarize yourself with the platform! Use the Discover tab to search: #tuberculosis, #publichealth , or #california
4. Make a #magicwandchallenge video!

Here are some tips for making the video:

- Record the video on your phone/Ipad camera (not Tiktok).
- Premise: We will ask you, “if you could make any fact about tuberculosis common knowledge to the public what would you choose?” (and appear to give you a magic wand).
- Then, you must grab the magic wand and respond to the question!



Example responses:

- TB is highly contagious and can be deadly if left untreated.
- TB can enter and hide in your body, even if you have the BCG vaccine.
- About 2 million people in California are infected with TB and most don't know it.

And some more suggestions:

- Like COVID-19, anyone can be infected by Tuberculosis.
- TB is still found in the United States. It is not as common here as it is in other parts of the world, so it's important for you to know if you are at risk.
- If you have lived in a TB endemic country, then you are at higher risk of developing TB.

1-2 videos

- At the beginning of the video, you want to grab the magic wand from behind the camera (phone), display it to the camera, and convey your message.
- Don't be afraid to do multiple takes.
- You can choose your wand. We suggest putting a yellow star on a pencil or a pen. We'll include these stars in the email.  
- Once you have a good take, open the Tiktok app.

"Basically"

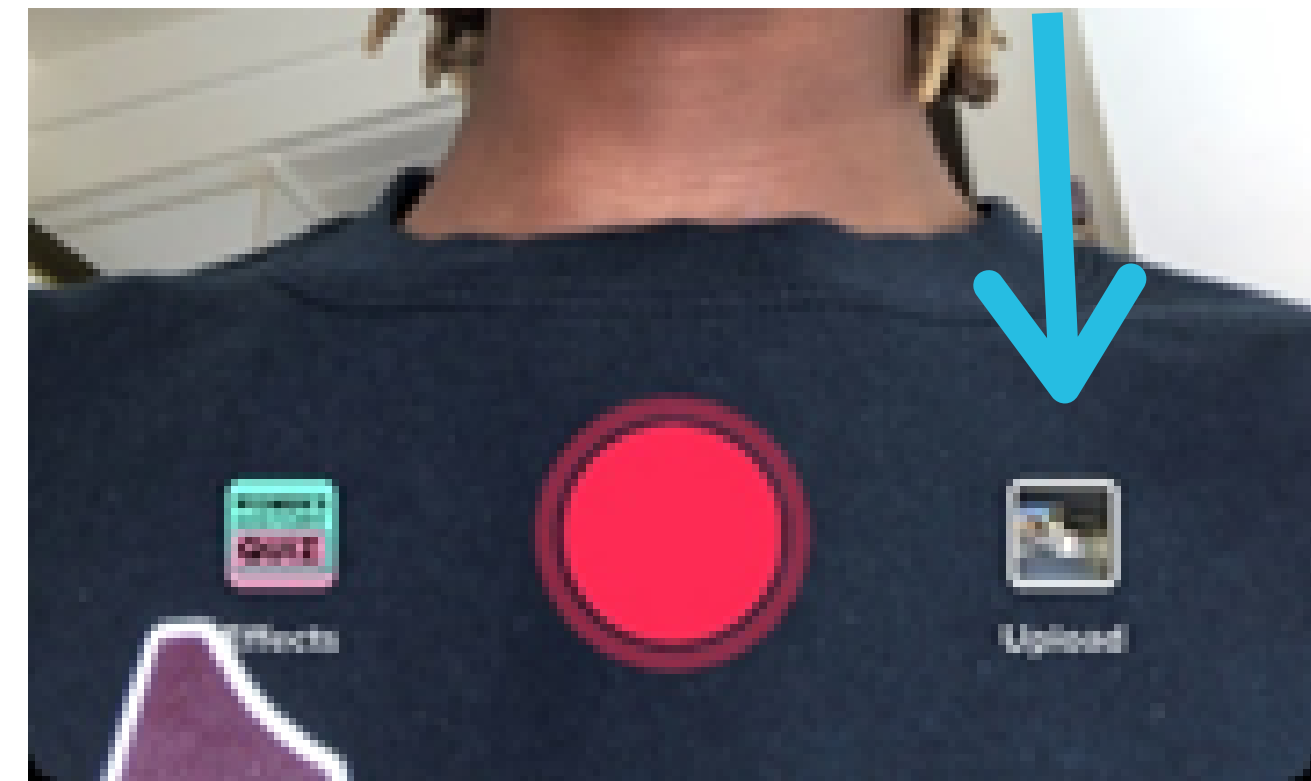
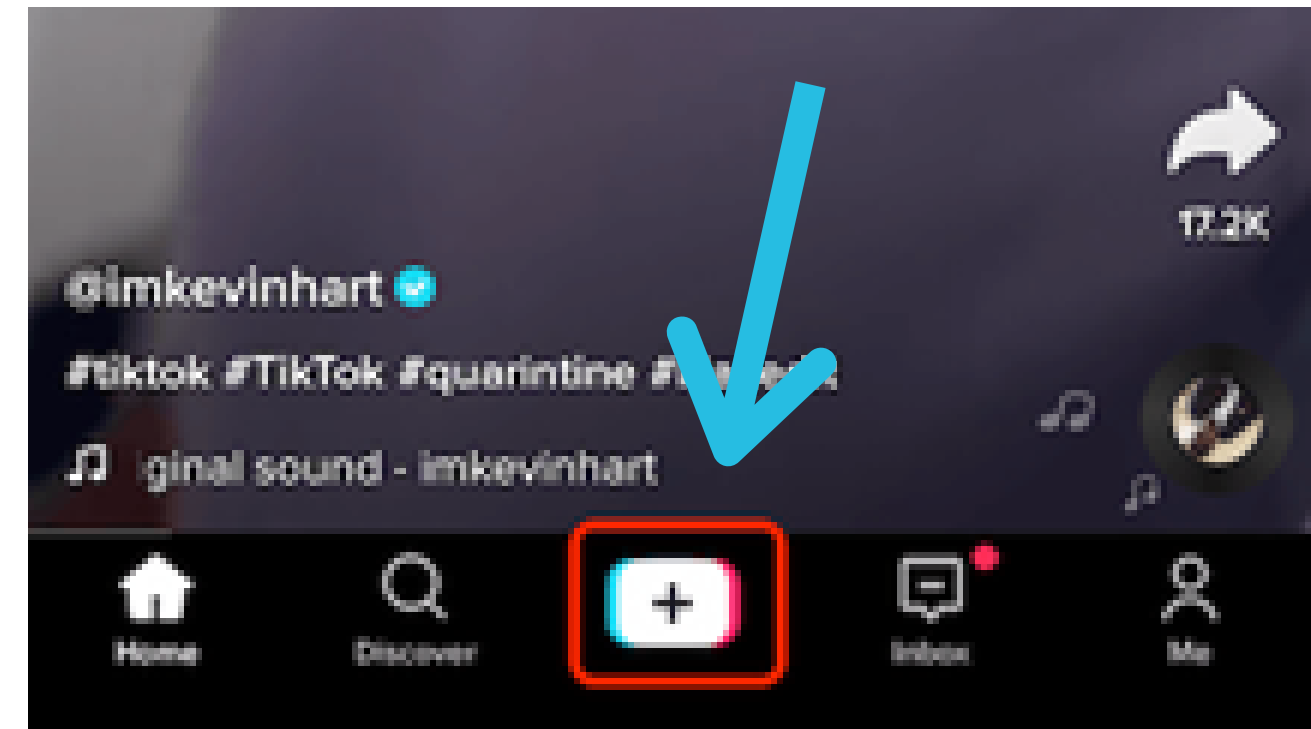
- Select 2 or 3 videos from your camera roll, crop them to eliminate dead air, and add a popular song.
- The song is free for you to choose but try to pick something good. Just make sure you **reduce the volume of the song to 0%**, so that your voice will be understandable.
- There are many ways to do this challenge. Please feel free to get creative and use "text" and the "set duration" function to create a subtitle effect.

Question Video

- Sekayi's question video should be at the beginning of every challenge video as a intro.
- How to Download:
 - Download from email to your computer
 - Send to your phone via email (I use gmail)
 - Download to your camera roll (where your photos are)

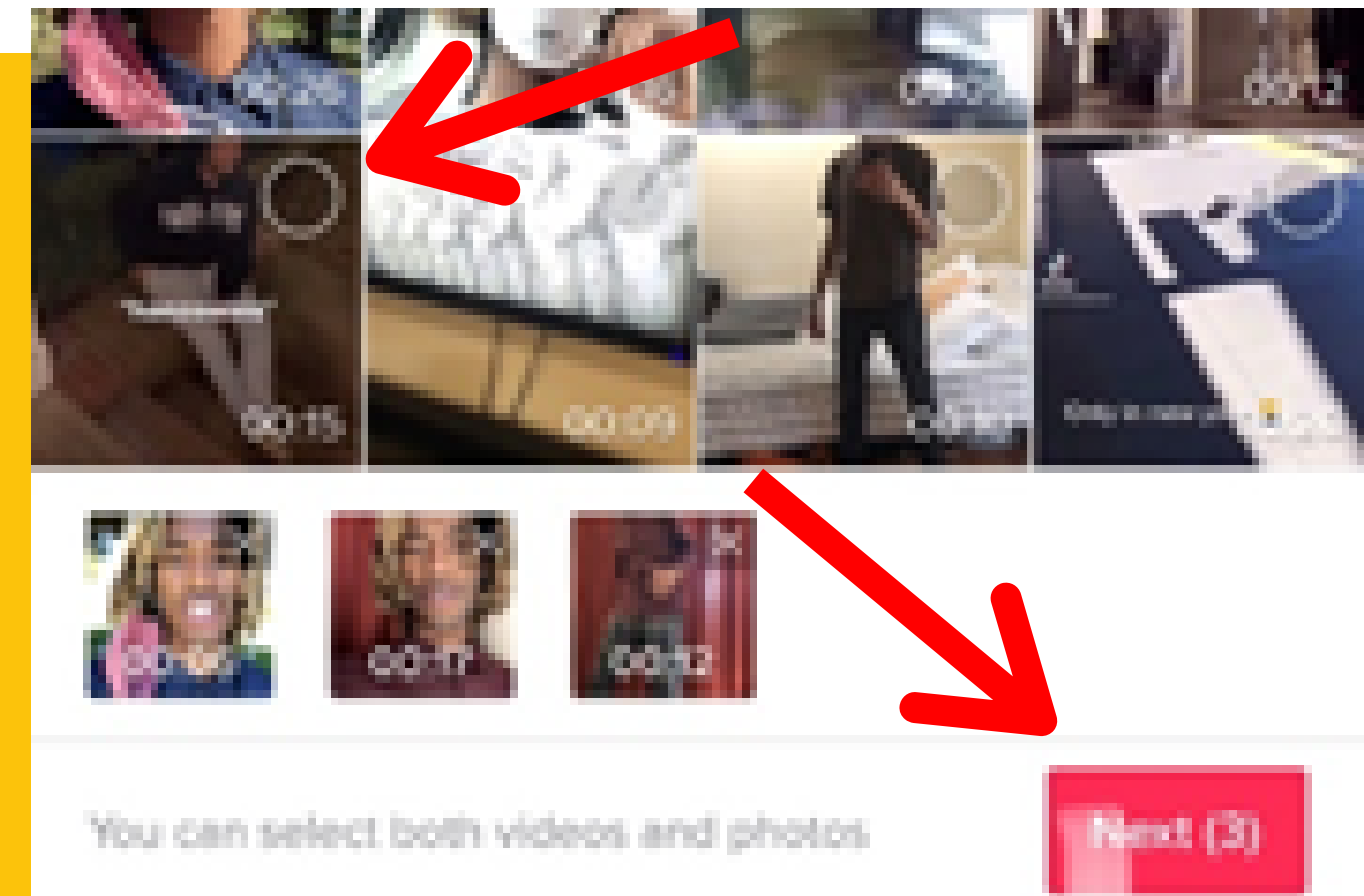
Step-by-Step Instructions

1. Download the Tiktok app and give it permission to access your photos and videos
2. Open the tiktok app and use the white symbol with the plus sign in the middle to open the camera viewer.
3. At the bottom of the screen, tap on the upload icon on the right side.

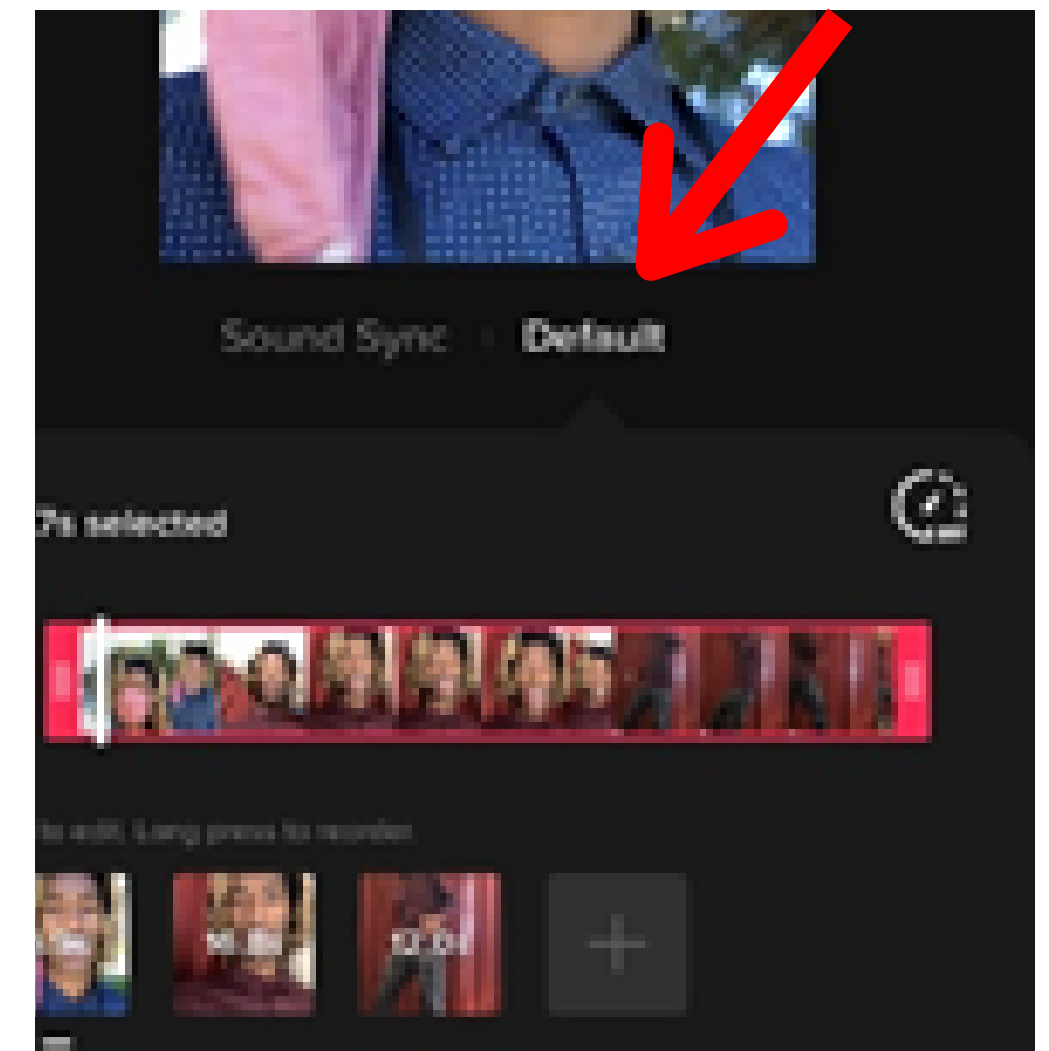


Step-by-Step Instructions

4. Tap on the circle in the top right of the videos that you want to select for the Tiktok, then hit "**Next**."

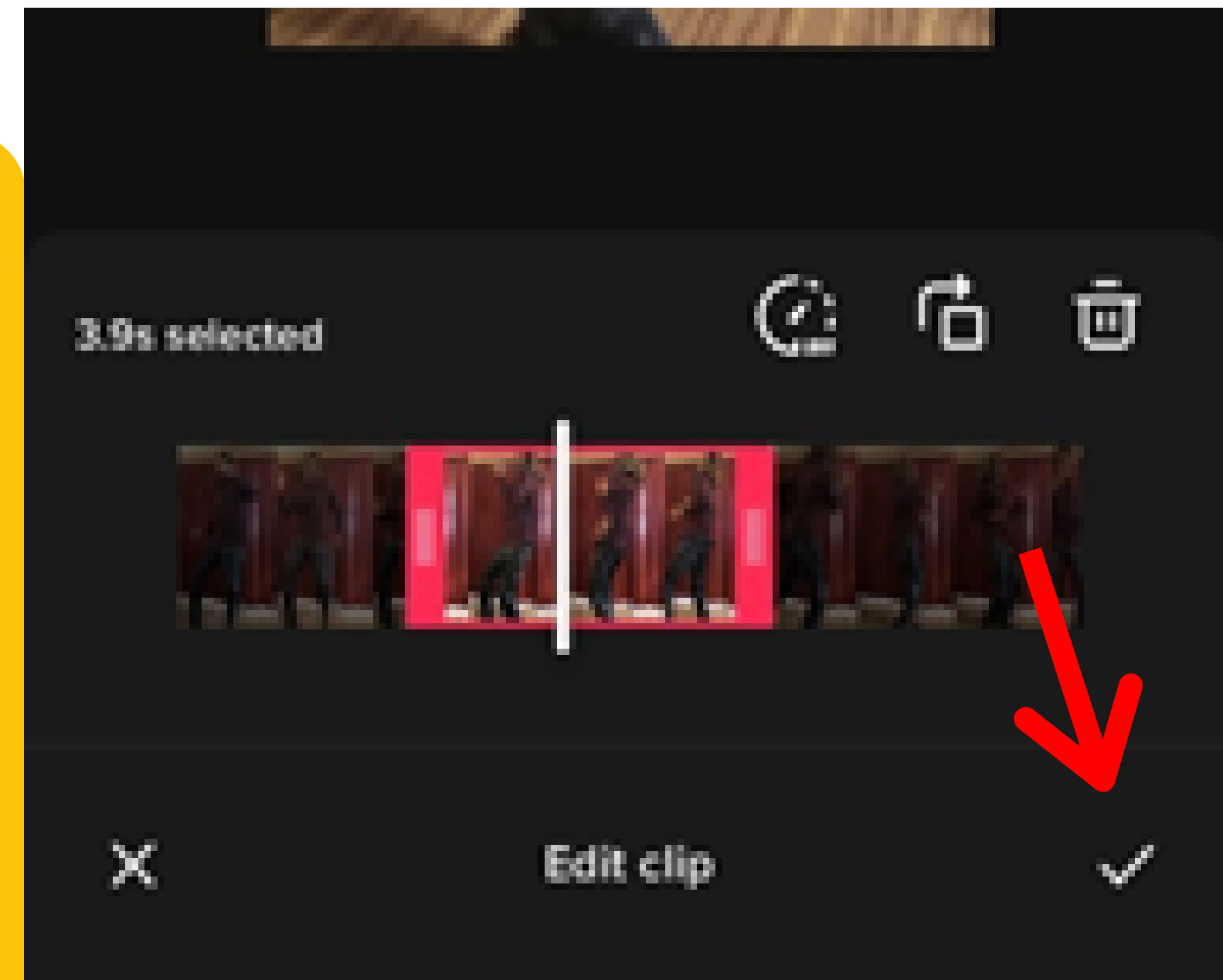


5. Select the "**Default**" option in the next screen.



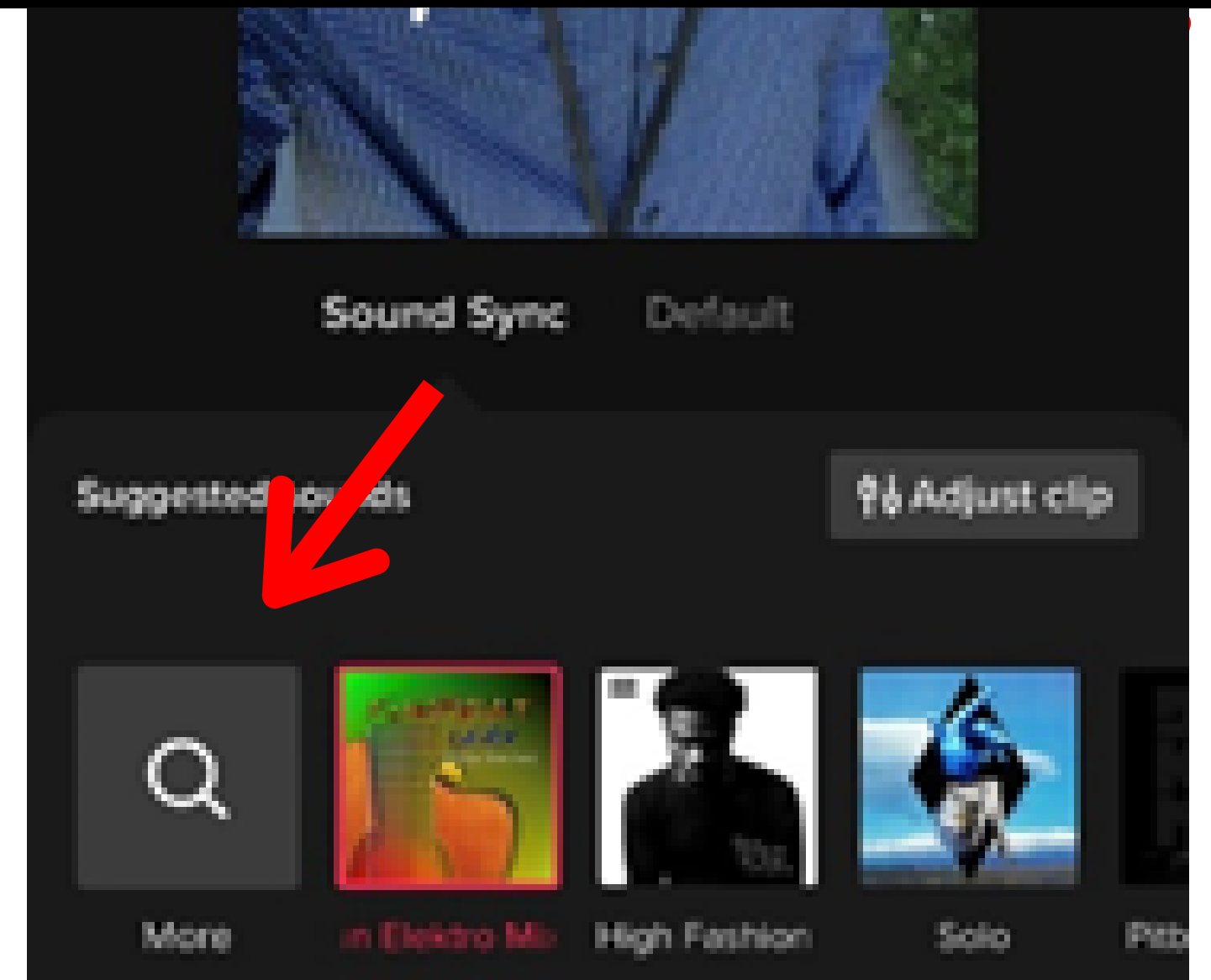
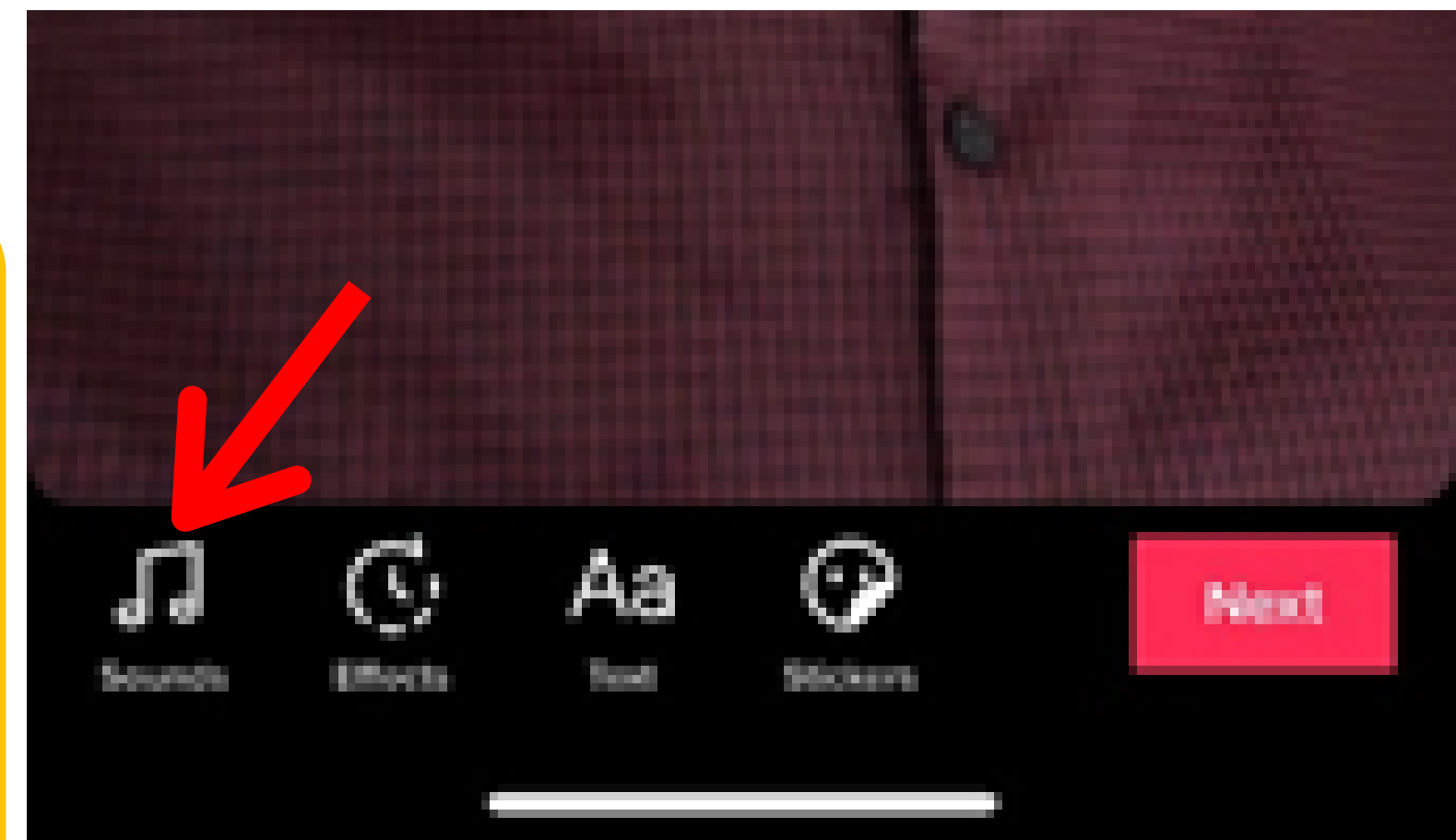
Step-by-Step Instructions

6. Crop each clip to eliminate the fluff at the beginning or end of your videos. Hit the checkmark once you are done and then hit "**Next**" *at the top of the screen*.



Step-by-Step Instructions

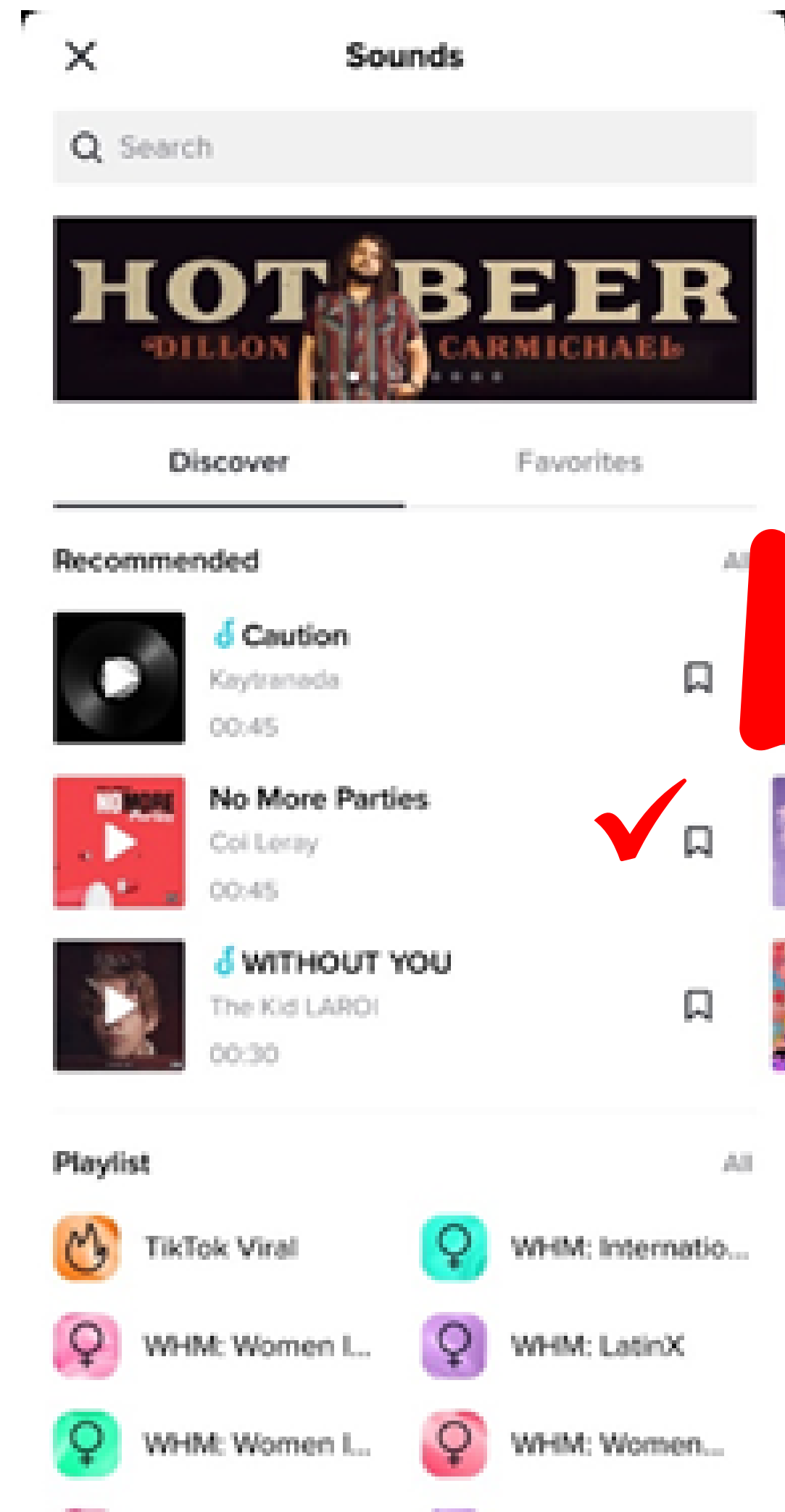
7. Now you want to tap the "**Sounds**" icon at the bottom left of the screen to choose a "trending sound" to help your video get more attention. You can find the song selection by tapping "**More.**" You can select any song. Just try to pick something popular (the search bar is at the top).



Step-by-Step Instructions

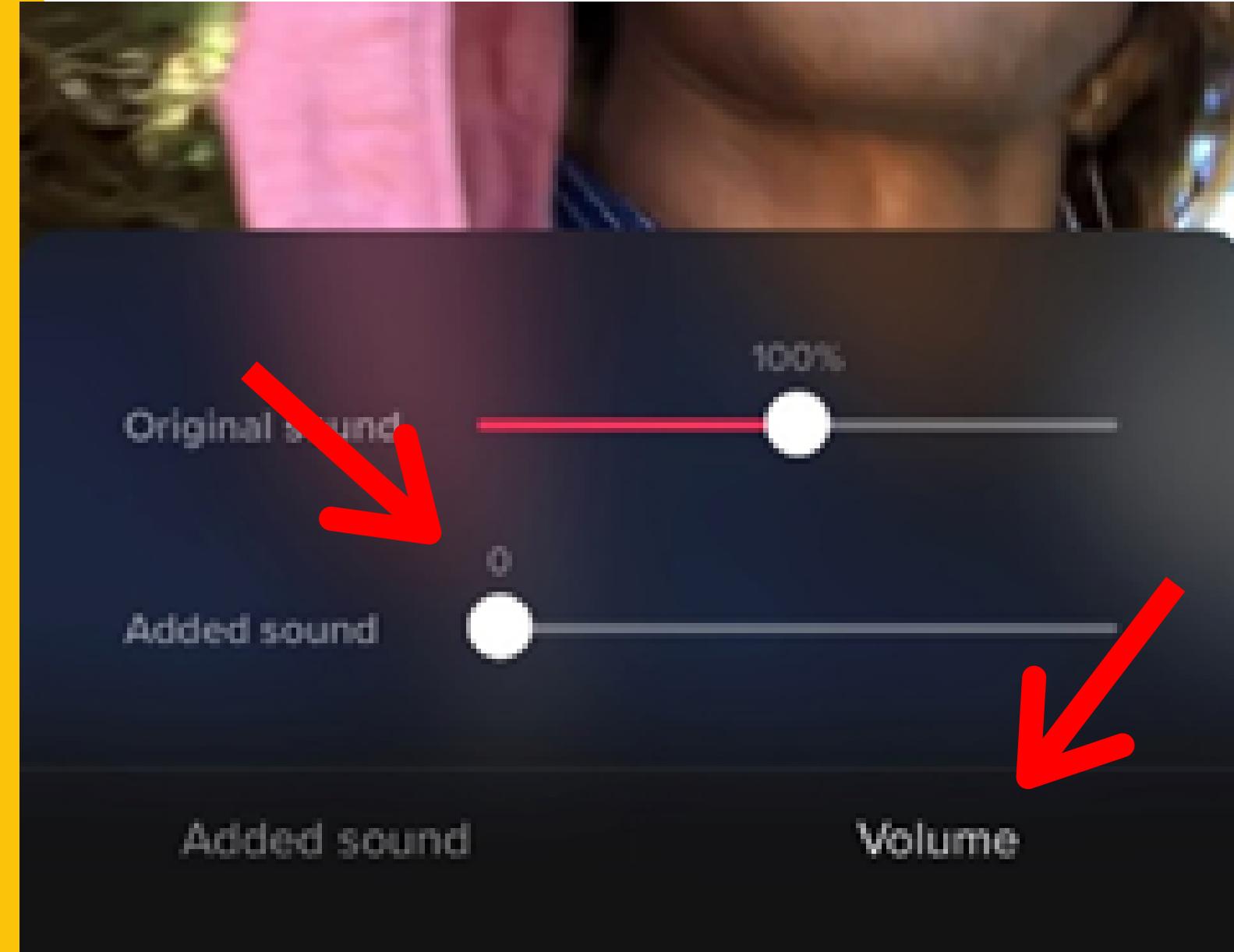
8. Select a sound and hit the checkmark on it. Now, you will be able to adjust the volume by selecting the "**Volume**" tab at the bottom of the screen.

Reduce the volume to 0% so viewers will be able to understand your words.



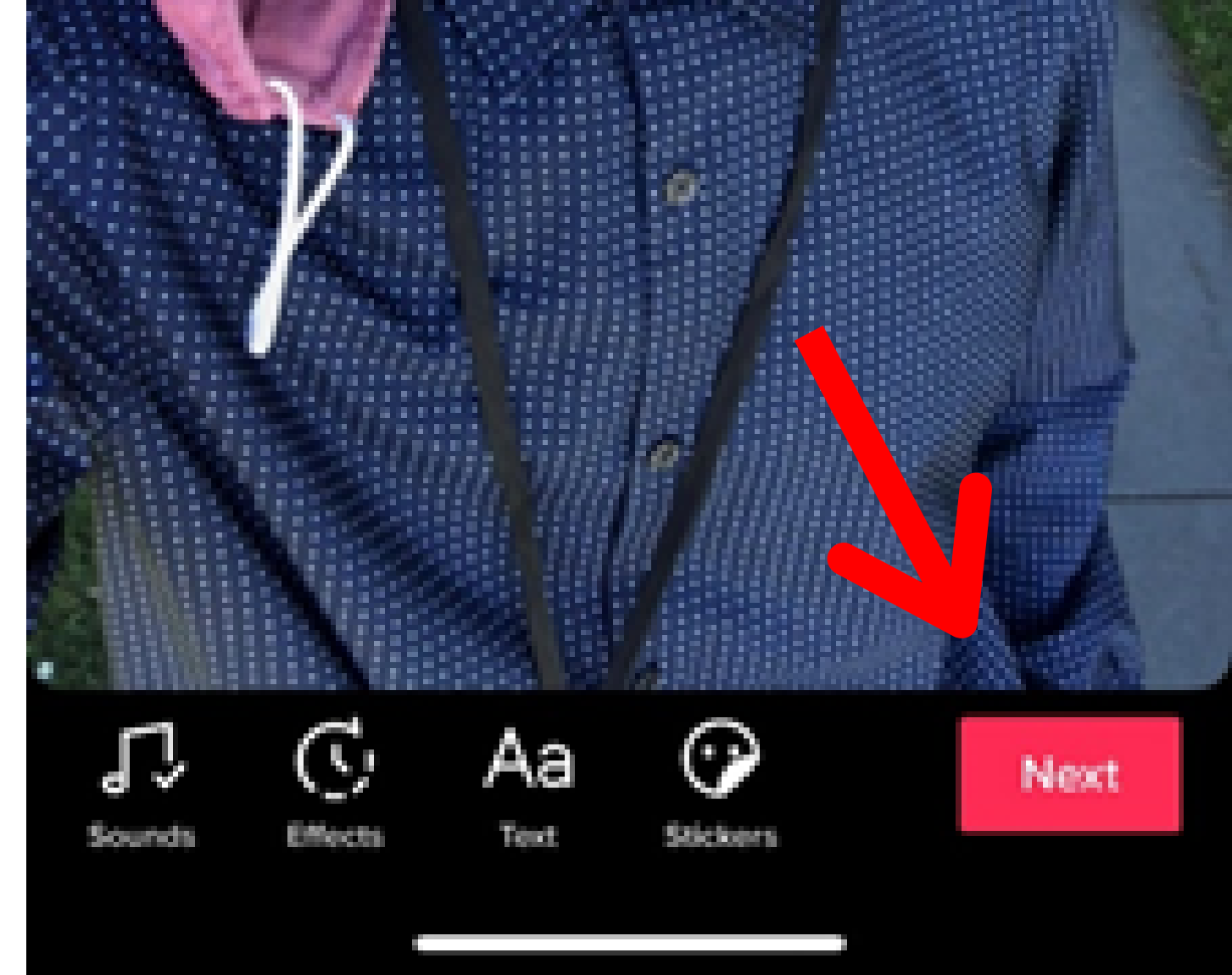
Step-by-Step Instructions

8. Immediately after you select a sound and hit the checkmark on it, you will be able to adjust the volume by selecting the **"Volume"** tab at the bottom of the screen. **Reduce the volume to 0% so viewers will be able to understand your words.**



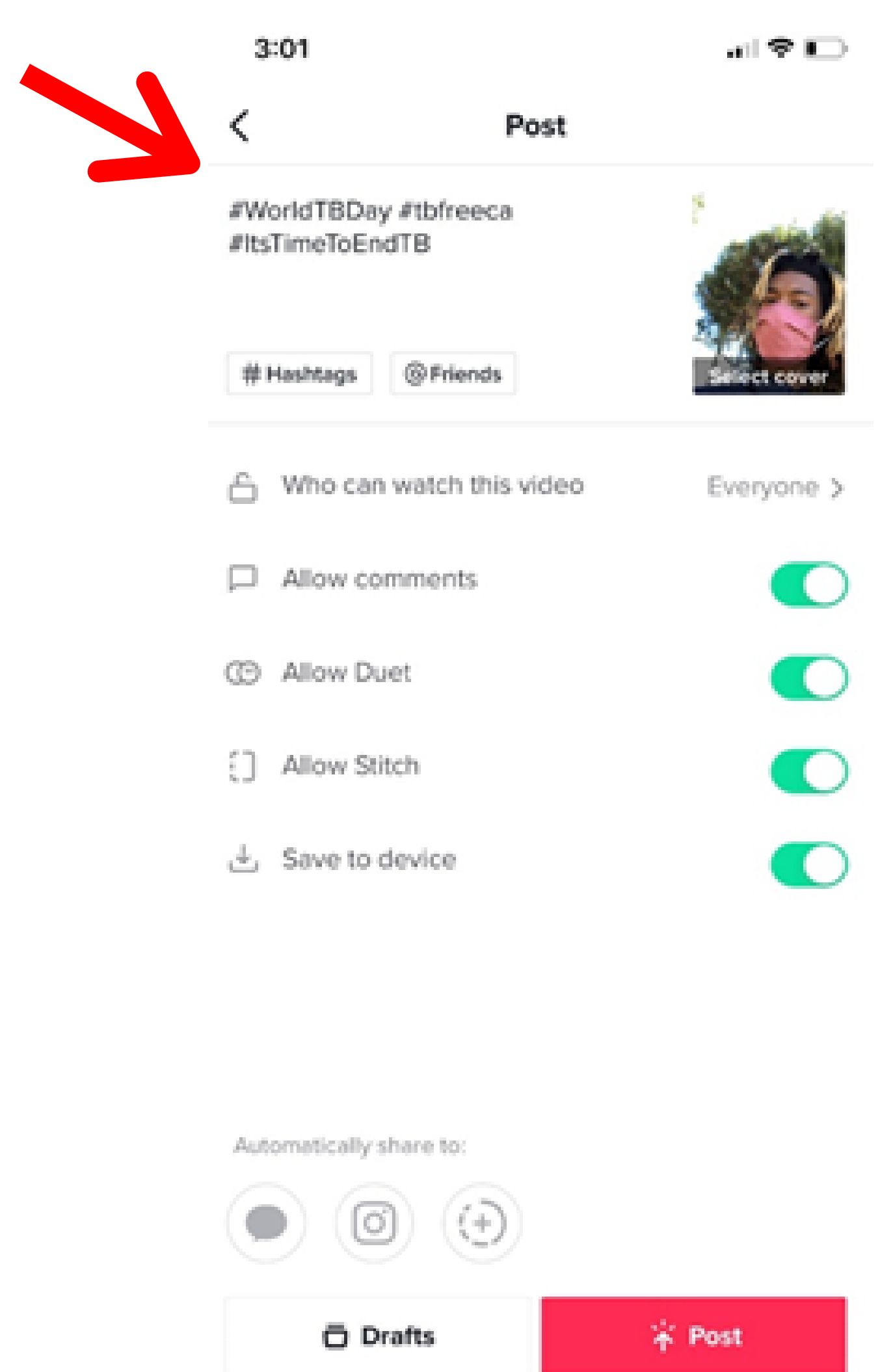
Step-by-Step Instructions

9. Tap the screen to reveal the "Next" button at the bottom right of the screen and tap it. On the next screen you will see space at the top for your caption (max of 150 characters). Put your hashtags here (you can copy from the next page or the email).



Hashtags

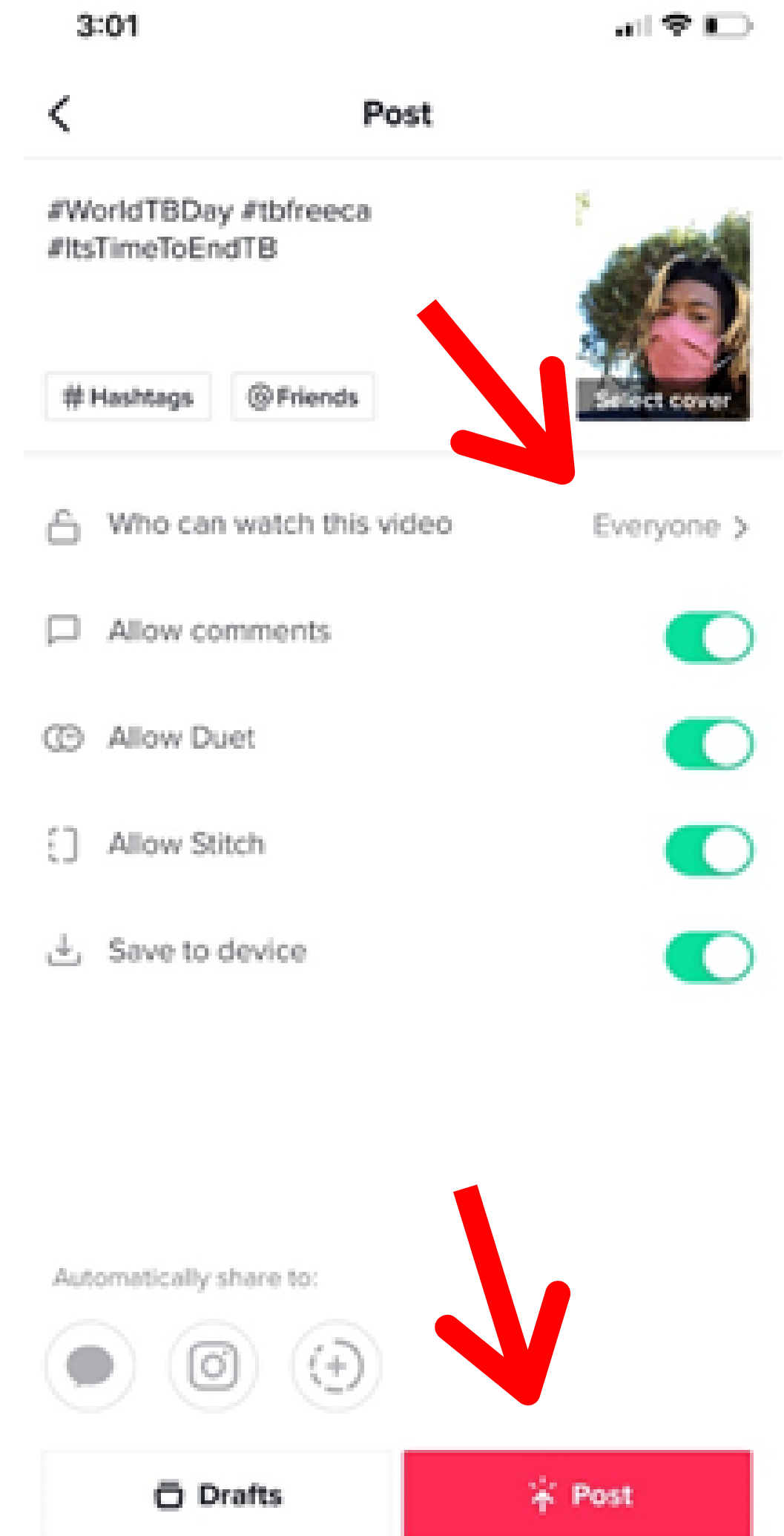
#MagicWandChallenge ,
#WorldTBDay , #ItsTimeToEndTB
#TBFreeCA , #Tuberculosis ,
#California , #LosAngeles ,
#SanDiego , #SanFrancisco ,
#Alameda , #Pasadena , #Latina ,
#Latine , #Asian , #GetTested ,
#BCG , #TBCChallenge ,
#BCGVaccine , #Tuberculose ,
#TheClockIsTicking ,
#Tuberculosis2021 , #LatentTB ,
#EndTB , #StopTuberculosis



Step-by-Step Instructions

You will run out of space, just post a comment with any remaining hashtags and you will have the same effect.

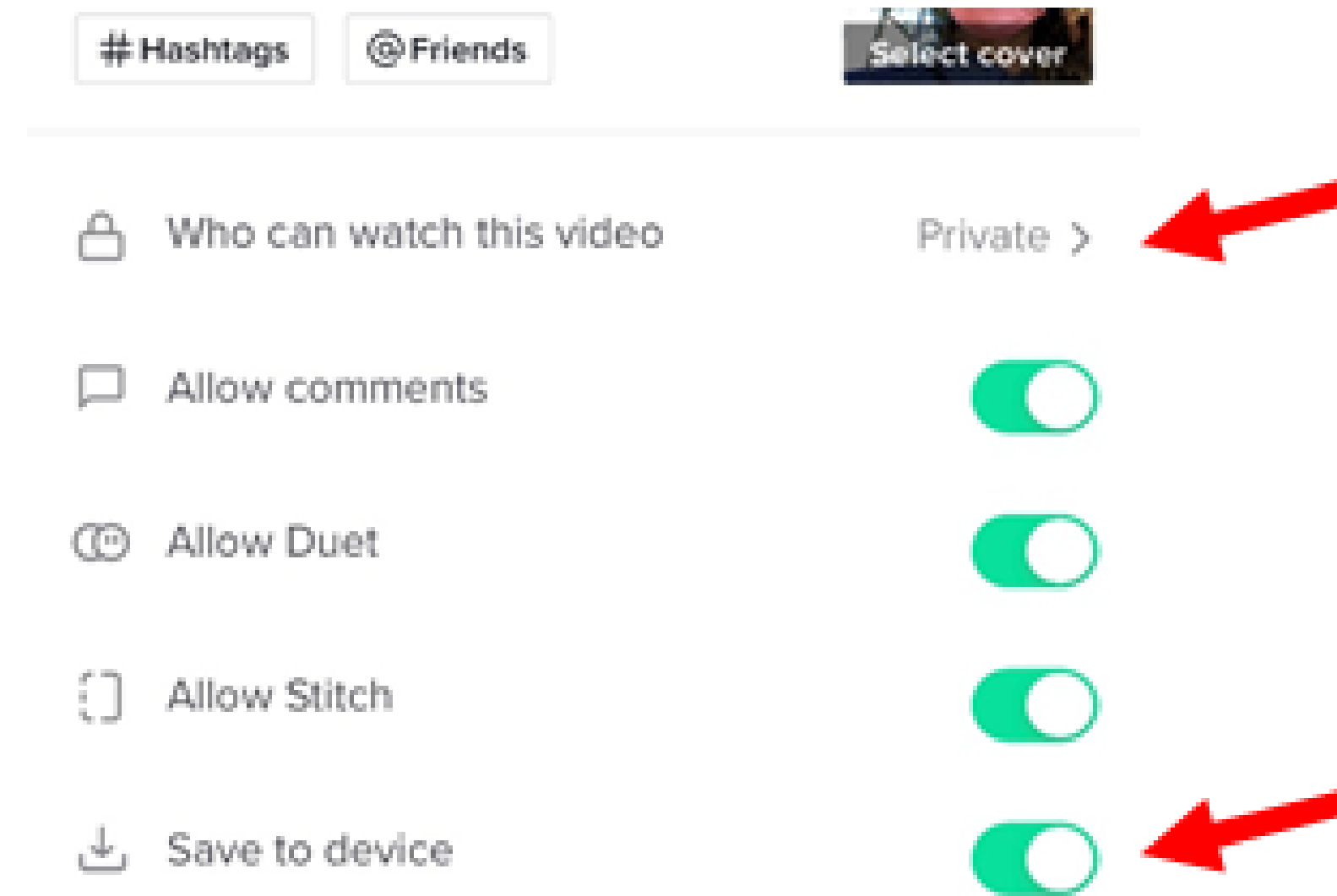
10. If you're ready to post just make sure "**Everyone**" can watch your video and hit "**Post**" on the bottom of the screen.



Step-by-Step Instructions

If you're simply trying to test whether or not you can create a tiktok and want to see your video fully edited before you post it, then you can change the "**Who can watch this video**" setting to "**Private.**"

Just make sure the "**Save to device**" setting is turned on.



Final words!

Please be aware that these accounts are public.

Thank you for your time and your service!



Resources

Helpful YouTube Videos:

<https://www.youtube.com/watch?v=apoVa0gwER8>