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State health department now on Twitter, Facebook

Alaska DHSS updating public and media on networking sites

(Anchorage, AK) — @Alaska_DHSS Put down that donut...and check out this report about obesity in Alaska! It's less-filling! <http://tinyurl.com/akobesity>

Those familiar with the social networking site Twitter might recognize the above as a “tweet,” a 140-character update aimed to give readers succinct and timely information about a particular topic.

Since April, the state Department of Health and Social Services has been providing its more than 500 Twitter “followers” with updates about a variety of topics, including: a healthy diet; vaccination information; numbers of Alaskans sickened by the H1N1 virus; and up-to-the-minute developments with the recent federal moratorium on certain Medicaid waiver programs.

As in the example above, a link is often provided with more detailed information about the topic. Similar information is regularly posted on the department’s Facebook page.

These quickly updated and readily accessible sites will also be used in the event of a health or other emergency to get news and advice to the public in the most time-sensitive manner possible.

To follow the state’s updates, Twitter subscribers can follow Alaska_DHSS. To subscribe to Twitter, go to http://twitter.com/Alaska_DHSS.

On Facebook, find DHSS’s fan page by searching for Alaska Department of Health and Social Services. By clicking the button to become a fan, users will get regular updates in their Facebook news feeds. To subscribe to Facebook, go to <http://www.facebook.com>.

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DHSS is now on Twitter. Follow health updates at www.twitter.com/Alaska_DHSS.