# Template for content on MF’s Facebook and Instagram

All union bodies and associations can send in content t0 KomU that might be interesting for the members. The content that you want published should be sent to KomU with at least 2 days notion. You can choose to only publish your content on MF’s Instagram account or Facebook account or both. The text can be in English or in Swedish or both.

Use this template to send in content:  
 **TEXT:**  
Write the text here – a maximum of 100 words.   
  
**URL-link:**  
If you want a link somewhere you can add it here. You can also write your Facebook or Instagram username and you’ll be tagged in the post.

**PICTURE:**Here you can add a picture if you want to.

Send the content to [komu@medicinskaforeningen.se](mailto:komu@medicinskaforeningen.se). More information can be found in *Föreskrifter för Medicinska Föreningens Instagram.*