

# Public Service Recognition Week

The COVID-19 pandemic has required each of us at NIH to live and work in new and different ways. This year, we will continue to virtually celebrate our public servants like we did last year. It is our belief that now, more than ever, we need to recognize the amazing work of our nation's government employees.

## Video: I ❤️ Public Service... / I Serve Because...

This year, we are looking forward to launching a PSRW VIDEO Campaign! We are specifically looking to recording videos due to limited printing capability at home. Of course, you are still able to submit a photo if you prefer.

Here's how to get started...

1. Download your preferred PSRW background from the [NIH PSRW website](#)
  - a) Click to open
  - b) Right-click on image and "save a copy" to your desired location



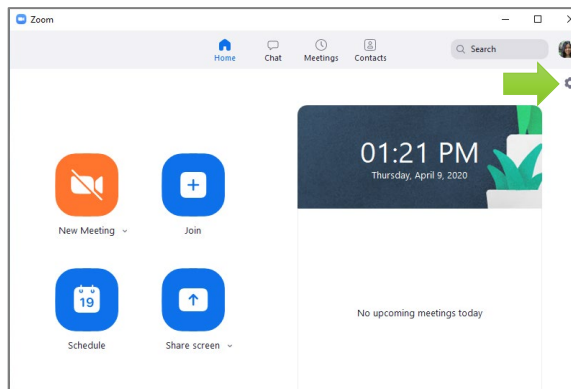
2. Sign into ZOOM

zoom

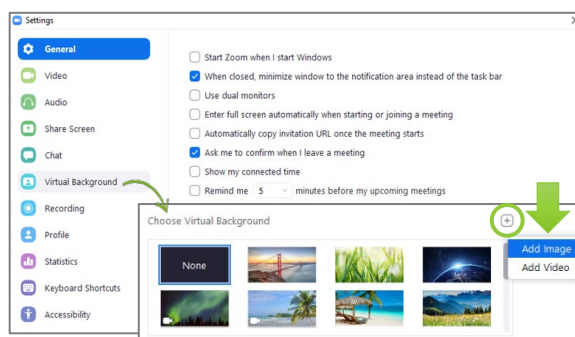
Join a Meeting

Sign In

3. Click the settings icon (small gear) and select "Virtual Background"



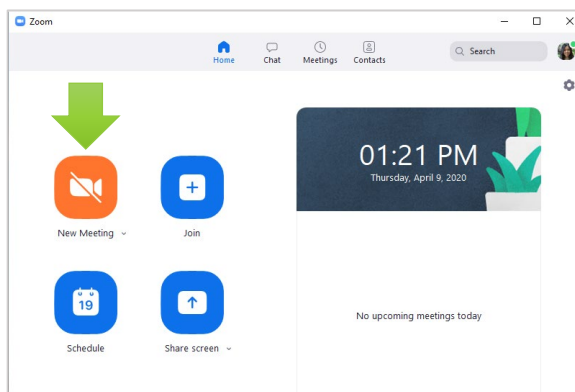
4. Upload your PSRW background by clicking the "+" symbol and select "add image"



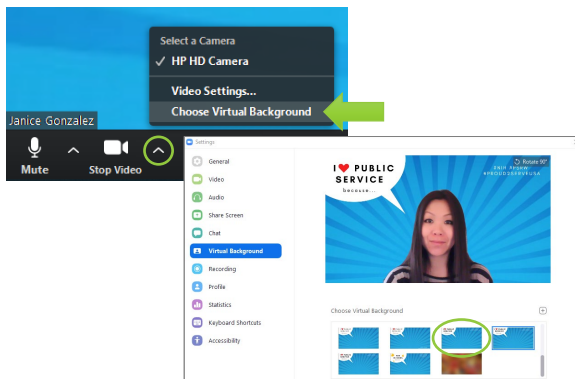
5. Browse to the file and upload, and close the settings window



6. Begin a new ZOOM meeting and click the option to "Join with Computer Audio" (test the speaker and mic if desired)

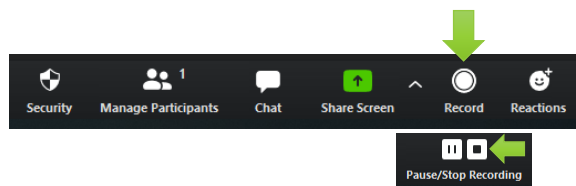


7. If your new PSRW background isn't already showing, select your new background by:
- Ensure your video feed is on by clicking the video camera icon
  - Click the small up arrow beside the video camera icon on the bottom left of the meeting window
  - Click "Choose Virtual Background"
  - Select your desired background and close the settings window



8. When you're ready to record your message, click the record button and begin. Stop recording when finished.

FYI: You can record multiple times during the same meeting instance. All recordings will be saved in a ZOOM folder on your hard drive once you "end the meeting."



9. Share your video:
  - a) Facebook, Instagram, or Twitter; be sure to add hashtags #NIH #PSRW #Proud2ServeUSA
  - b) Email the video to [NIHPSRW@nih.gov](mailto:NIHPSRW@nih.gov)

