

# Community Guidelines

We welcome your participation on our Neighborhood Health Center (NHC) social media pages. Our goal is to openly discuss topics that are important to you, listen to your feedback, answer your questions, and share resources and information while being transparent about the sources and science behind them.

We ask that those who post to one of our social media channels, or otherwise respond or comment on one of our posts, engage respectfully and follow the community guidelines below.

We reserve the right to reject or remove comments that are not in keeping with our guidelines and will block or ban users/followers who repeatedly violate this policy.

## 1. **Be respectful.**

While we encourage and welcome your comments and feedback, please share your viewpoint in a way that is respectful to us and our community, and is not inappropriate, off-topic, abusive, aggressive, harassing, or profane.

This is not the appropriate forum to send feedback or complaints about our clinics, but we do want to hear about your experiences. Please [visit our website](#) or email [concerns@nhcoregon.org](mailto:concerns@nhcoregon.org).

## 2. **No personal attacks.**

We will remove comments that attack or identify anyone by name or with other information that could allow anyone to identify an individual; attack other commentors; or attack by targeting sex, race, age, disability, color, creed, national origin, religion, or genetic information.

## 3. **Do not spread misinformation.**

Unverified and unverifiable theories, obvious falsehoods and links to questionable sources will be removed.

Please keep in mind that our authors have knowledge of the topics and fields they write about, but that our posts are informational and should not be viewed as professional or medical advice. Always seek the advice of your medical provider or other qualified health care provider with any medical-related questions you may have, especially information for which you are unsure of its accuracy or truth.