

Aspirus Photography Submissions

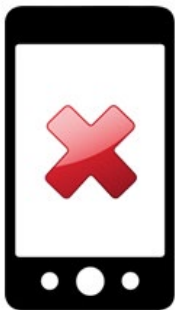
There are several recognition days/weeks/months throughout the year where Aspirus showcases our staff on our social media channels. This guide will help you properly capture and submit photos to the Marketing & Communications team for consideration.

Photography Guidelines

Landscape vs. Portrait

Use landscape mode for photos

Portrait



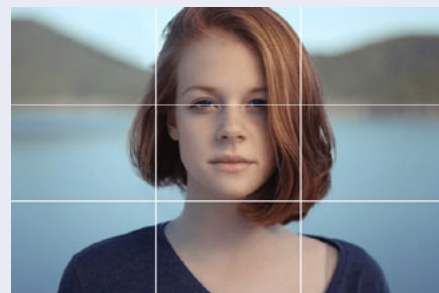
Landscape



Do's and Don'ts

DO	Use natural lighting
	Attempt candid shots
	Use proper composition 
	Send in their original size
DON'T	Crop or zoom in on photos
	Use filters
	Use the flash
	Embed or compress photos
	Use "Live" photo

Proper photo composition



Submission Requirements

Photos must meet proper composition, lighting, and size requirements or they will not be used.

How you can submit photos

Photos can be emailed in HIGH RESOLUTION to:
socialmedia@aspirus.org

Photo Recognition Days

[Regional Photo Requests - Google Sheets](#) 