1. Start a text message to 81010. In the body of the text, type the class code (including the @ symbol) for the session for which you would like text reminders. *Please note that you can enter only one class code at a time.*

**CLASS CODES**

COVID-19 Infectious Disease - @echoID
Behavioral Health – @echobh
Opioid Addiction and Treatment – @echoopioid
Syphilis in Pregnancy – @echosyph

2. You will receive a text asking for your name. Reply with your first and last name.

3. You will receive a text asking if you are a student, parent, or teacher. Reply with "S" for student.

4. You may receive a text asking for your birthday. *(If you do not receive this prompt, skip to step 5.)* You can enter in any date for the birthday as long as the date makes you older than 18.
5. You will receive a confirmation text. Now, you can text other class codes for which you would like to receive text reminders.

6. Confirmation messages for additional ECHO series will come from 510-254-3505.