

Social Media Messages

Facebook:

Mask up, Lather up, Sleeve up graphic

Getting a flu vaccine this fall can reduce your risk of getting flu and help save medical resources needed to care for people with COVID-19. It's important for everyone to do their part to stay healthy this flu season. Prevent the spread of flu and other respiratory illnesses:

- Mask Up: Cover your nose and mouth with a mask when out in public.
- Lather Up: Wash your hands frequently with soap and water.
- Sleeve Up: Roll up your sleeve to get a flu shot.

The more people vaccinated against flu, the more people protected from flu.

Learn more: <https://www.cdc.gov/flu/season/protect-your-health.html>

Flu Hospitalizations graphic

Getting a flu vaccine this year is more important as ever. Flu vaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems:

<https://www.cdc.gov/flu/season/protect-your-health.html>

Help Protect Frontline Workers graphic

This fall and winter, getting a flu vaccine is especially important for essential workers who are vital to keeping our communities going. Essential workers may be at higher risk of being exposed to flu and COVID-19. The more people vaccinated; the more people are protected against flu:

<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

NKFM FLU SM IMAGE-ENGLISH-2

People with chronic conditions, like heart disease, asthma, or diabetes, are at a greater risk for developing serious flu complications. Visit www.nkfm.org/flu for more information.

Family General Audience graphic

Everyone 6 months and older should get a flu vaccine every season. Flu vaccine can reduce flu illnesses, doctors' visits, hospitalizations and has been shown to be life-saving. Fight flu and get vaccinated today! Learn more: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

NKFM FLU SM IMAGE-1-ENGLISH graphic

In addition to an annual flu vaccination, it's extremely important to follow these steps: you're your hands often, stay home if you don't feel well, avoid touching your eyes, nose, or mouth cough into elbows, and clean and disinfect surfaces, especially when someone is sick. nkfm.org/flu

Children and Flu graphic

Flu vaccine is the best way to protect your child against flu and its potentially serious complications. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. What parents need to know about flu and flu vaccine:

<https://www.cdc.gov/flu/highrisk/parents.htm>

No one has time for the flu graphic

Most people who get sick with flu will have mild illness, however, flu can make chronic health problems worse. Flu vaccine is the best protection from flu and its potentially serious complications. Find out what groups of people are at high risk for complications:

<https://www.cdc.gov/flu/highrisk/index.htm>

Older adults and flu graphic

Adults 65 years and older are at high risk for developing serious complication from flu. In recent years, flu vaccines have reduced the risk of flu-associated hospitalizations among older adults by about 40%. Learn more about the different flu vaccines recommended for adults 65 years and older this season:

<https://www.cdc.gov/flu/highrisk/65over.htm>

Benefits of Flu Shot graphic

There are benefits of getting your flu shot. According to the @CDC, flu vaccination in the US during the 2019-2020 season prevented an estimated 7.5 million flu illnesses, 105,000 flu hospitalizations, and 6,300 flu deaths. Learn more at www.cdc.gov/flu.

Diabetes and Flu graphic

Even when well-managed, diabetes places people at high risk of developing serious flu complications. Flu illness can also make it harder to control blood sugar. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes. Learn more:

<https://www.cdc.gov/flu/highrisk/diabetes.htm>

Twitter:

Mask up, Lather up, Sleeve up graphic

Getting a #fluvaccine is more important than ever.

Help prevent the spread of #flu:

#MaskUp

#LatherUp your hands w/ soap & water

Roll your #SleeveUp for a flu vaccine

The more people vaccinated against flu, the more people protected! Learn more: <https://www.cdc.gov/flu/season/protect-your-health.html>

Flu Hospitalizations graphic

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Help Protect Frontline Workers graphic

Essential workers may be at a higher risk of being exposed to #flu and #COVID19. Protect yourself and your community from flu by getting a #fluvaccine. The more people vaccinated; the more people protected. Learn more: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

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Everyone 6 months and older should get a #flu vaccine every season. Flu vaccine can reduce flu illnesses, doctors' visits, hospitalizations and has been shown to be life-saving. #FightFlu and get vaccinated today! Learn more: <https://www.cdc.gov/flu/prevent/vaccinations.htm>

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Children and Flu graphic

#Parents: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. What you need to know this flu season: <https://www.cdc.gov/flu/highrisk/parents.htm>

No one has time for the flu graphic

Flu can make chronic health problems worse. #Fluvaccine is the best protection from #flu and its potentially serious complications. Find out what groups of people are at high risk for complications: <https://www.cdc.gov/flu/highrisk/index.htm>

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Instagram:

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#FightFlu #FluSeason #PublicHealth