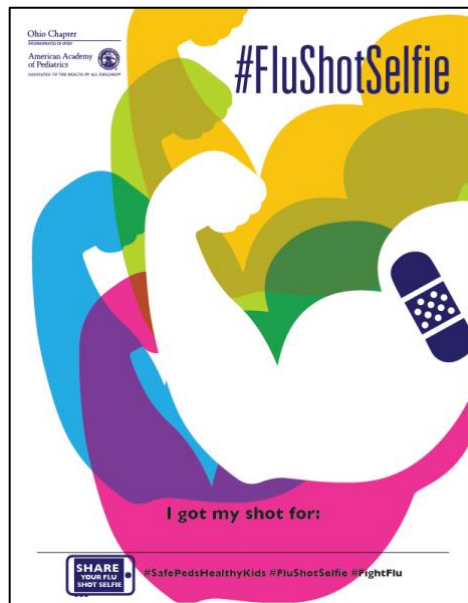


Ohio AAP Flu & Immunization Social Media Toolkit

Sample social media posts and additional resources for increasing flu vaccinations during COVID-19. Share the below messaging with your audience or follow us at AAP Ohio on facebook or @ohpediatricians on twitter for the month of October as we spread information and resources on flu vaccinations and more to promote pediatric wellness. For additional information please visit <http://ohioaap.org/covid19resources>

Thursday October 1

Did you know the American Academy of Pediatrics recommends children receive the flu vaccine by the end of October? Post your #FluShotSelfie using the graphic below and tag us to help spread the message. And follow along all month long as we share flu vaccine facts to combat misinformation and keep Ohio's children safe! #FluFacts



Friday October 2

Here's a #FluFact for your Friday! Can the flu shot give you the flu?

The answer is no! Injected flu vaccines only contain the dead virus and a dead virus cannot infect you
#SafePedsHealthyKids #FightFlu #FluShotSelfie



Monday October 5

Don't be tricked this flu season. The AAP recommends children receive their flu shot or nasal by the end of October# FightFlu #SafePedsHealthyKids



Wednesday October 7

It's even more important to get your flu shot during the COVID pandemic. More people getting the flu shot will help eliminate additional strains on our health care resources. Check out the graphic below for additional information on who/when/how to get your flu shot! #SafePedsHealthyKids #FightFlu

BE PREPARED FOR FLU SEASON!

#SafePedsHealthyKids

Now more than ever it is important you protect yourself by receiving the flu vaccine! The CDC and American Academy of Pediatrics (AAP) recommend flu vaccinations as it can help reduce the impact of respiratory illnesses on the population as well as lessen unnecessary burdens on the healthcare system during the COVID-19 pandemic.

WHO SHOULD GET A FLU VACCINE?

Any person 6 months of age and older! This includes people at risk for serious complications including:

- Infants and young children
- Pregnant women
- Adults age 65 years and older

*AAP RECOMMENDS KIDS RECEIVE THE FLU VACCINE BY THE END OF OCTOBER 2020

Yes, your pediatrician has implemented safety measures to ensure safe delivery including:

- Screening patients for symptoms of COVID-19
- Implementing face mask policies for adults and children over 2 years of age
- Ensuring patients practice proper hand hygiene and cough etiquette

IS IT SAFE TO RECEIVE THE FLU VACCINE DURING COVID-19?

*BOTH THE FLU SHOT AND NASAL SPRAY VACCINES ARE RECOMMENDED TO PREVENT INFLUENZA IN CHILDREN, WITH NO PREFERENCE GIVEN TO ONE OR THE OTHER

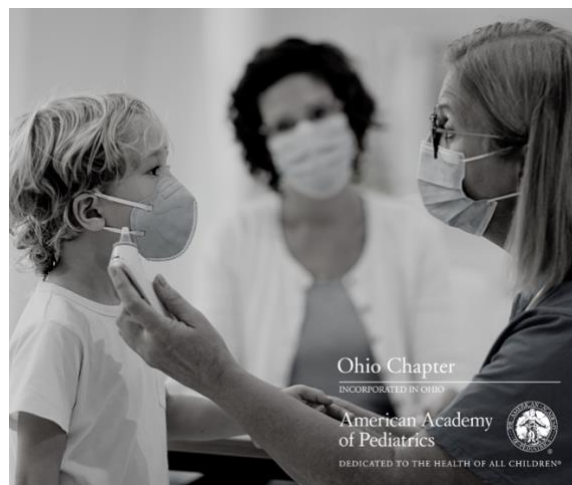
For more information visit us at <http://ohioaap.org/> or follow us on Facebook at AAP Ohio or on Twitter @ohpediatricians

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Friday October 9

Another #FluFact for your Friday! When is someone contagious with the flu?

A person is contagious with the flu 24 hours before symptoms develop and until they are fever-free for 24 hours without the use of medication. #SafePedsHealthyKids #FightFlu



Monday October 12

Take the Families Fighting Flu Vaccination Promise and join the hundreds who have already committed to protect themselves, their family and their community against the flu this year. After signing the pledge Families Fight Flu will send a reminder email, so you won't forget this important responsibility this flu season! <https://www.familiesfightingflu.org/promise/>

Wednesday October 14

The American Academy of Pediatrics recommends both the flu shot and nasal spray vaccines to prevent influenza in children, with no preference given to one or the other. #SafePedsHealthyKids #FightFlu



Friday October 16

A new #FluFact for your Friday! The Annual economic burden in the US of the flu is \$83.3 billion. That's enough to buy all 30 MLB and NBA teams!



Monday October 19

Don't be tricked this flu season-get your flu shot or nasal spray before Halloween! #FightFlu #SafePedsHealthyKids



Wednesday October 21

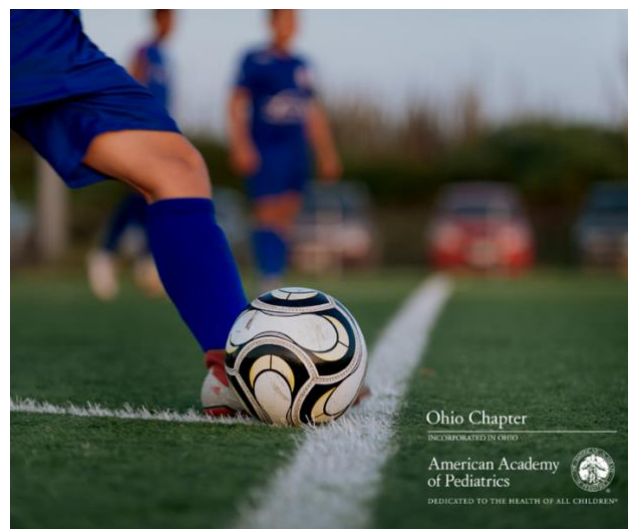
Roll up your sleeve for your annual flu vaccine! The CDC explains how you can protect yourself and your family this flu season #FightFlu #SafePedsHealthyKids

https://www.youtube.com/watch?v=02ICysV_t1E&feature=youtu.be

Friday October 23

Here's another #FluFact for your Friday!

On average in the US, more than 38 million days of school and 5 million sporting events are missed each year due to the flu #FightFlu



Monday October 26

Thinking of skipping your child's flu shot this year? **DON'T**-the consequences are too great to leave to chance #FightFlu #SafePedsHealthyKids



Among healthy children, flu vaccination reduces risk of death from influenza by **65%**

STAY IN THE GAME

FAMILIES FIGHTING FLU, INC.

Wednesday October 28

To #FightFlu this year, the CDC recommends you Mask Up, Lather Up, Sleeve Up



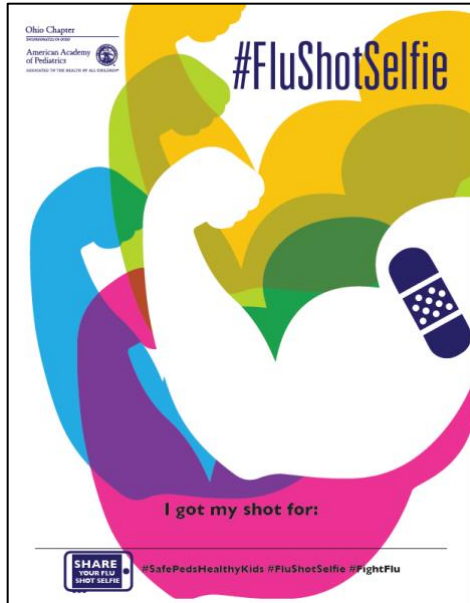
MASK UP, LATHER UP, SLEEVE UP

#FIGHT FLU

CDC

Friday October 30

If you haven't yet gotten your flu shot, what are you waiting for? It's not too late! Get you and your child's shot today and post your #FluShotSelfie



Did you know?

We've compiled some great #FluFacts to raise awareness about the impact of the flu and the importance of the flu vaccine. Please share these on your social media channels with the hashtags: #FightFlu #SafePedsHealthyKids

<p>Can the flu shot give you the flu? Injected flu vaccines only contain the dead virus, and a dead virus is... dead.</p> <p>It cannot infect you.</p>	<p>It's even more important to get your flu shot during the COVID pandemic. If more people get their flu shot, it could eliminate additional strain on our health care resources.</p>	<p>When is someone contagious with the flu? 24 hours before symptoms develop and until they're fever-free for 24 hours without the use of medication.</p>
<p>You may survive the flu, but what about the people you spread it to? Protect yourself and others by getting a flu vaccine every season.</p>	<p>In the U.S., the annual economic burden of flu is \$83.3 billion. You could buy all 30 MLB and NBA teams!</p>	<p>On average in the U.S., more than 38 million days of school and 5 million sporting events are missed each year due to the flu.</p>
<p>Every year healthy teens are hospitalized and die from the flu. Don't let your teen become a statistic. Get them a flu vaccine every season.</p>	<p>Don't gamble with your child's health. Flu vaccination reduces death in children by 65%, so get your child a flu vaccine each season.</p>	<p>15+ million adults in the U.S. have heart disease. They have a 10x increased risk of heart attack within 3 days of flu infection.</p>