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

![Flu Shot Graphic](image)

**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/](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

![Image of a sign showing the effectiveness of flu vaccination](image)

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

Wednesday October 28
To #FightFlu this year, the CDC recommends you Mask Up, Lather Up, Sleeve Up

![Image of three people wearing masks and washing hands](image)

**MASK UP, LATHER UP, SLEEVE UP**

#FIGHTFLU #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 flu shot today and post your #FluShotSelfie.