

# NO ES "SOLO LA GRIPE"

Flu Campaign 2022-23  
#NotJustTheFlu #NoSoloLaFlu




## social posts


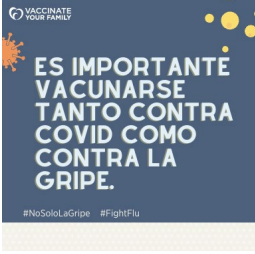



You can use these social media posts before and during flu season on your channels to help raise awareness about flu vaccination. Feel free to change the copy as needed for your group or organization. If you have any questions, please contact Erica and Dana on the Vaccinate Your Family team ( [erica@vaccinateyourfamily.org](mailto:erica@vaccinateyourfamily.org) and [dana@vaccinateyourfamily.org](mailto:dana@vaccinateyourfamily.org) ).


**Campaign hashtag:** #NotJustTheFlu #NoSoloLaFlu

**Tag :** @vaccinateyourfamily (Instagram and Facebook) @vaxyourfam (Twitter)





## General:

Graphics ( <a href="#">click</a> to download files)	social copy
 <p><a href="#">Discharge</a></p>	<p>During a typical flu season in the US, the flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths. It can be very serious, so maybe we shouldn't call it "JUST the flu . " <a href="https://vaccinateyourfamily.org/flu-season/">vaccinateyourfamily.org/flu -season/</a> <a href="#">#NotOnlyTheFlu</a> <a href="#">#NotJustTheFlu</a></p>
 <p><a href="#">Discharge</a></p>	<p>Everyone is at risk for the flu, even healthy children and adults. While it's riskier for some people, ANYONE can get seriously ill. For the hundreds of thousands of people hospitalized each flu season, it's not "JUST the flu." <a href="https://vaccinateyourfamily.org/flu-season/">vaccinateyourfamily.org/flu -season/</a> <a href="#">#NotJustTheFlu</a> <a href="#">#NoSoloLaGripe</a> <a href="#">#NotJustTheFlu</a></p>
 <p><a href="#">Discharge</a></p>	<p>Getting a flu shot helps keep you out of the hospital, reducing stress on healthcare workers still dealing with COVID and, in some areas, monkeypox. <a href="https://vaccinateyourfamily.org/flu-season/">vaccinateyourfamily.org/flu -season</a> <a href="#">#NotJustTheFlu</a> <a href="#">#NoSoloLaGripe</a> <a href="#">#NotJustTheFlu</a></p>

 <p><a href="#">Discharge</a></p>	<p>It's important to get your annual flu shot at least two weeks before influenza begins to circulate in your community. Usually, that means getting vaccinated in late October. <a href="https://vaccinateyourfamily.org/flu-season">vaccinateyourfamily.org/flu -season</a> <a href="#">#NotJustTheFlu</a> <a href="#">#NoSoloLaGripe</a> <a href="#">#NotJustTheFlu</a></p>
 <p><a href="#">Discharge</a></p>	<p>To be protected against the two viruses that cause the flu and COVID, you need both vaccines. Annual flu shots protect against <a href="#">#flu</a> and <a href="#">#COVID</a> shots protect against COVID. <a href="https://vaccinateyourfamily.org/flu-season">vaccinateyourfamily.org/flu -season</a> <a href="#">#NotOnlyTheFlu</a> <a href="#">#NotJustTheFlu</a></p>
 <p><a href="#">Discharge</a></p>	<p>Yes, you can get your annual flu shot and a COVID shot (including a booster dose) at the same time. <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="https://vaccinateyourfamily.org/en-espanol/seasona-de-influenza">vaccinateyourfamily.org/en-espanol/seasona-de-influenza</a></p>
 <p><a href="#">Discharge</a></p>	<p>COVID and the flu are caused by two different viruses, and both can make you very sick, hospitalized, or even dead. <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="https://vaccinateyourfamily.org/en-espanol/seasona-de-influenza">vaccinateyourfamily.org/en-espanol/seasona-de-influenza</a></p>
 <p><a href="#">Discharge</a></p>	<p>Do you know the symptoms of the flu? The flu usually comes on quickly and causes fever, cough, sore throat, fatigue, and pain. It can look like COVID, so if you feel sick, it's important to get tested for BOTH! <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="https://vaccinateyourfamily.org/en-espanol/seasona-de-influenza">vaccinateyourfamily.org/en-espanol/seasona-de-influenza</a></p>

 <p>Discharge</p>	<p>For millions of people in the US, it's not "just the flu." There are many reasons why a person's immune system might not work as well, which means they're more likely to get seriously ill or even sick. die from the flu or its complications <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="#">vaccinateyourfamily.org/en-espanol/seasona-de-flu</a></p>
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### Higher risk groups:

 <p>Discharge</p>	<p>Each year in the US, between 7,000 and 26,000 young children are hospitalized for flu-related problems. Flu shots can save children's lives. <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="#">vaccinateyourfamily.org/en-espanol/seasona-de-influenza</a></p>
 <p>Discharge</p>	<p>The flu can be especially dangerous for babies before and after birth, when they are not yet vaccinated, but the good news is that pregnant people can get a flu shot to protect themselves and their baby. <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="#">vaccinateyourfamily.org/en-espanol/seasona-de-influenza</a></p>
 <p>Discharge</p>	<p>Getting a flu shot during pregnancy can reduce your baby's risk of flu-related illness by 70% and reduces the risk of flu-related hospitalization by more than 80%. <a href="#">#NotOnlyTheFlu</a> <a href="#">#NotJustTheFlu</a> <a href="#">vaccinateyourfamily.org/flu-season</a></p>
 <p>Discharge</p>	<p>People 65 and older are more likely to be hospitalized or die from flu-related complications than younger adults, but there are new vaccine options this year that offer improved protection for those 65 and older! <a href="#">#NoSoloLaFlu</a> <a href="#">#NotJustTheFlu</a> <a href="#">vaccinateyourfamily.org/en-espanol/seasona-de-influenza</a></p>



Did you know that flu vaccination has been shown to reduce the risk of flu-related hospitalization in people with diabetes by nearly 80%? [#NotOnlyTheFlu](#) [#NotJustTheFlu](#) [vaccinateyourfamily.org/flu-season](#)



When it comes to the flu, African Americans are more likely to be hospitalized. This is due to inequities in health care and it is important to do everything you can to protect yourself and your family. Getting a flu shot can help. [#NotOnlyTheFlu](#) [#NotJustTheFlu](#) [vaccinateyourfamily.org/flu-season](#)