

## FACEBOOK & TWITTER FLU AND TDAP SOCIAL MEDIA MESSAGES

- Flu season is here! It's time to get your flu shot.  
Find a flu clinic location near you. <http://flushot.healthmap.org/> #fluvax
- Everyone 6 months of age and older needs to get the flu vaccine each year.  
Find a flu clinic near you, <http://flushot.healthmap.org/> #fluvax
- Don't wait to vaccinate! The flu vaccine can take two weeks to give full protection.  
Find a flu clinic near you, <http://flushot.healthmap.org/> #fluvax
- Everyone 6 months and older: Get your flu vaccine! Don't wait to vaccinate. Flu season is here!  
Find a flu clinic near you, <http://flushot.healthmap.org/> #fluvax
- Remember to always wash your hands while using soap and water for 20 seconds (sing Happy Birthday as you wash!) to keep yourself healthy. #SayNo2Flu
- Expecting? Protect your baby from #flu by getting vaccinated.  
[http://www.cdph.ca.gov/HealthInfo/discond/Pages/Influenza\(Flu\).aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/Influenza(Flu).aspx)
- Expecting? Doctors recommend #Tdap vaccine in your 3rd trimester and #flu vaccine ASAP. Your baby counts on you for protection!

### Messages for Facebook Only:

- Parents & caretakers need a flu vaccination to help protect high-risk children and infants who are too young to get a flu vaccine.  
Find a flu clinic near you, <http://flushot.healthmap.org/> #fluvax
- Flu seasons are unpredictable and can begin as early as October. Everyone 6 months and older should get the flu vaccine each season.  
Find a flu clinic near you, <http://flushot.healthmap.org/> #fluvax
- Flu vaccine is recommended for pregnant women to protect them and their babies. Talk to your health care provider about getting vaccinated.  
For more information about the flu,  
visit [http://www.cdph.ca.gov/HealthInfo/discond/Pages/Influenza\(Flu\).aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/Influenza(Flu).aspx).
- Expecting? Protect yourself and your baby by getting flu vaccine now and Tdap in the 3<sup>rd</sup> trimester of every pregnancy. Talk to your doctor about getting vaccinated today!  
To learn more, visit [www.PregnancyShotsCA.org](http://www.PregnancyShotsCA.org).