



Social media messages – please share these messages on your social media accounts

Social media message	Image				
Banners for use on your social media platforms.					
Don't forget to return your consent form so your child can get the free flu vaccine at school. #FluVaccine #StayWellINI #StayWell					
The flu vaccine helps protect 2-4 year olds and those around them. Get your pre-schooler vaccinated with a quick nasal spray from your GP. #FluVaccine #StayWellINI #StayWell					
Choose the right health service for you and #StayWell this Winter. #StayWellINI	<p>Stay Well guide to choosing the right service for treating winter illnesses</p> <table border="1"> <tr> <td data-bbox="1031 1155 1193 1263"> <p>Self-care</p> <p>Rest at home Drink plenty of fluids Use a tissue - Catch it, Bin it, Kill it Wash hands regularly</p> </td> <td data-bbox="1198 1155 1361 1263"> <p>Local Pharmacy</p> <p>The pharmacist can usually provide advice and over-the-counter medication to help deal with your cold and flu symptoms.</p> </td> </tr> <tr> <td data-bbox="1031 1270 1193 1377"> <p>Your GP</p> <p>If symptoms haven't resolved after a week, you should ring your GP. Those at risk groups may be more susceptible to serious illness and you should ring your GP earlier for advice.</p> </td> <td data-bbox="1198 1270 1361 1377"> <p>Flu can usually be managed at home</p> <p>However call 999 or go to ED if you:</p> <ul style="list-style-type: none"> • develop sudden chest pain • have difficulty breathing • start coughing up blood </td> </tr> </table> <p>HSC Health and Social Care STAY WELL THIS WINTER</p>	<p>Self-care</p> <p>Rest at home Drink plenty of fluids Use a tissue - Catch it, Bin it, Kill it Wash hands regularly</p>	<p>Local Pharmacy</p> <p>The pharmacist can usually provide advice and over-the-counter medication to help deal with your cold and flu symptoms.</p>	<p>Your GP</p> <p>If symptoms haven't resolved after a week, you should ring your GP. Those at risk groups may be more susceptible to serious illness and you should ring your GP earlier for advice.</p>	<p>Flu can usually be managed at home</p> <p>However call 999 or go to ED if you:</p> <ul style="list-style-type: none"> • develop sudden chest pain • have difficulty breathing • start coughing up blood
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Wash your hands and #StayWell this Winter. #StayWellINI	<p>Stay Well and Wash Your Hands</p> <p>Washing hands will help to reduce the risk of picking up or spreading winter viruses such as influenza and norovirus</p> <p>HSC Health and Social Care STAY WELL THIS WINTER</p>				
Do you have a toddler or a pre-school child? Children aged 2-4 are eligible for the flu vaccine. Talk to your GP. #FluVaccine #StayWellINI #StayWell					

STAY WELL THIS WINTER



Children in primaries one to seven will be offered the vaccine in school. Don't forget to fill in the consent form and return it to school.
#StayWellINI #FluVaccine #StayWell



Flu vaccine for children

Do you have a toddler or a pre-school child?

Last year only 50.6% of children aged 2-4 received the free nasal spray

Give them the best protection against flu this winter

Children aged 2-4 are eligible
Talk to your GP about getting your child the flu vaccine



Primary school vaccine



Children in primaries one to seven will be offered the vaccine in school giving them the best protection

Don't forget to fill in the consent form and return it to school

