

October social media messages – please share these messages on you facebook/twitter

Social media message	Image or video link
Help protect yourself against flu this winter. Talk to your GP about getting your flu jab now <a href="https://www.pha.site/flu-safe">www.pha.site/flu-safe</a> #StayWellNI	Have you still not had your flu jab?
Meet the professionals encouraging you to stay well this winter #StayWellNI	https://www.youtube.co m/watch?v=Um5g7oK3 wal
Do you have a long-term health condition? Cold weather can be bad for your health, so help protect yourself #StayWellNI	www.youtube.com/watc h?v=HvAsc-3J5GQ
Are you aged 65 or over? Do you know you're eligible for a free flu jab? Don't put it off, take up the offer <a href="www.pha.site/flu-safe">www.pha.site/flu-safe</a> #StayWellNI	Talk to your GP about getting your flu jab now.  The flu vaccine does not give you the flu, it is offered as the best protection to people over 65 because if they get flu, they are more likely to have severe illness and/or develop compileations such as pneumonia, which can be life threatening.  www.fluawaren.info
Get advice from your pharmacist about how your family can stay well this winter #StayWellNI	DOH THIS WINTER HSC.) Health and Social Care