Indiana Seasonal Influenza Vaccine Social Campaign Partner Kit

October 5 – November 27, 2020
October 7, 2020

Dear Community Partner,

Thank you for joining the Indiana Region of the American Red Cross in amplifying critical public health messages during COVID-19. We are committed to alleviating human suffering, especially during the COVID-19 pandemic. That is why we are partnering with a broad array of social service organizations and community partners to promote seasonal influenza vaccination across Indiana. We’re also making targeted investments in Indiana neighborhoods at highest risk for co-occurrence of influenza and COVID-19, and where community members have historically been least likely to receive a flu shot.

We are asking you to join us in promoting the seasonal influenza vaccination across Indiana in the following 3 ways:

1. Join our Coalition
2. Promote Community Dialogue Around Flu Vaccination
3. Promote Flu Vaccination Through Social Channels

Enclosed you will find more information about these three steps including background on what we’re doing, supporting scientific data and a range of messages that can be shared via social channels and adapted for conversations with key stakeholders. We have included translations of each message into the seven most prominent languages used in Indiana: Spanish, Arabic, French, Burmese, Hakha Chin, Chinese and Polish.

Now more than ever we need to promote dialogue in our communities about the importance of seasonal flu vaccination for everyone. You are essential to success in mitigating the impact of COVID-19 and the seasonal flu in Indiana, and we are grateful for your help.

Sincerely,

Chad Priest, JD, MSN, RN, FAAN
Chief Executive Officer

Indianapolis, IN 46202
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Three Steps to Help Reduce the Spread of Flu in Our Community

We’re inviting partners to help amplify public health messaging and take three simple steps to promote seasonal influenza vaccination in our community.

1. Join our Coalition

We are encouraging community leaders, faith-based organizations and community-based organizations to join our effort to amplify critical public health messages related to flu vaccination. Anyone can participate in this effort, and the tools included in this packet are free and available to all.

2. Promote Community Dialogue Around Flu Vaccination

Promoting seasonal influenza vaccination begins with open and honest dialogue in our communities. Simply telling community members to get vaccinated has limited efficacy. Community and faith-based organizations are encouraged to identify opportunities to engage in dialogue around the potential impact of seasonal influenza during COVID-19, and to support community conversations around mitigation efforts. Simply initiating or supporting an informal dialogue around flu vaccination can be highly impactful. Organizations are also encouraged to find opportunities to incorporate discussions of seasonal influenza vaccination into routine service delivery activities.

3. Promote Flu Vaccination Through Social Channels

Organizations and individuals are encouraged to promote flu vaccination using social media channels such as Twitter, Facebook, Tik Tok and Instagram. We’ve provided a number of ready-made social media messages in this packet. We have also translated these messages into seven languages commonly spoken in our communities: Spanish, Arabic, French, Burmese, Hakha Chin, Chinese and Polish.

We invite and encourage you to use these social media messages on all of your platforms and help spread the word. While we do not recommend modification of scientific information, please feel free to craft your own messages, and include graphics and images of your choosing, based on these sample messages. Creating messages that will resonate with your communities and stakeholders is key. Please share links to your social posts with us so that we may include them in our final report regarding this effort. You may send this information directly to Louise Clendenen at Louise.Clendenen@redcross.org.

Getting Vaccinated

Seasonal flu vaccination is widely available throughout Indiana. The Indiana State Department of Health has developed an easy to use web site to help Hoosiers find flu vaccination locations, available at: https://www.in.gov/isdh/26540.htm.
Background: Amplifying Public Health Messages During COVID-19

Until a vaccine is widely available throughout the world, controlling COVID-19 in Indiana will require freely available testing, with rapid results, careful contact tracing, isolation of positive and potential cases and effective social distancing. Our current arsenal of viral control measures (limits on large gatherings, closure of schools, enforcement of social distancing and mask wearing) is rudimentary but has proven effective in slowing the spread of COVID-19 and saving lives.

In order for these pandemic control measures to be effective, and to increase the likelihood of future acceptance of any vaccine, there must be broad acceptance and implementation in the community. This is particularly true among communities of color, where vaccine acceptance is historically lower than in white communities.\(^1\) Unfortunately, during a season of hyper-partisanship, many of our public health control measures have become politicized, leading to confusion in communities and creating challenges for our public health authorities to get key messages out to the community.\(^2\)

The Indiana Region of the American Red Cross is committed to leveraging the trust and credibility of our movement by partnering with public health authorities and community-based organizations to amplify key public health messages. We approach this work understanding that building community trust requires sustained investment and partnership in communities over time, hence the importance of partnering with well-established organizations and individuals in communities throughout Indiana.

In consultation with our public health partners and the best available evidence, we have developed a three-phased public health messaging amplification strategy designed to build messaging credibility through time, with an end objective of encouraging increased uptake of any COVID-19 vaccine that may be developed.

Phase 1, conducted between Labor Day and September 27, 2020, focused on the adaptation and amplification of social distancing and mask wearing messaging promulgated by the Indiana State Department of Health, the US Centers for Disease Control and Prevent (CDC) and other public health authorities.

Phase 2 will focus on the promotion of the seasonal influenza vaccination. The CDC and the World Health Organization have warned that the upcoming influenza season could be severe, and that its arrival during a time of increased COVID-19


spread in the United States could lead to increased morbidity and mortality.³ The seasonal influenza vaccination, combined with careful adherence to the above referenced pandemic control measures, is our best strategy to reduce the impact of the seasonal flu.

Phase 3 will build on the trust and credibility established in phases 1 and 2 and focus on the promotion of a future COVID-19 vaccination. There is much uncertainty about if and when a COVID-19 vaccine will be approved by the US government, and when such a vaccine would be available in the community. However, we cannot wait until the vaccine is available to start dialogue with communities about how the vaccine will be made available, and what opportunities exist for communities to support local vaccination efforts. We believe the community partnerships built during phases 1 and 2 of our outreach campaigns will strengthen naturally occurring networks in these communities that will be better positioned to strategize around community immunization efforts when the time is right. Our intention is to stay close to these efforts and support our public health partners and these communities through amplification of official messaging and facilitative dialogue.

Background: Seasonal Influenza

We have two powerful tools at our disposal to reduce the burden of the upcoming flu season and prevent the number of people in our community who get ill: (1) Careful adherence to the precautions we are already taking to combat COVID-19 (physical distancing, not being around others when ill, wearing face coverings and scrupulous handwashing) and; (2) the seasonal influenza vaccine.

Seasonal flu vaccine effectiveness varies depending on how well matched the vaccine is to current strains circulating in the community and the pre-existing health of vaccine recipients. But we know that the flu vaccine can help keep people from getting sick from the flu, can reduce the risk of hospitalization and can protect vulnerable individuals such as children, pregnant women and the elderly. Even in cases where people still contract the flu, the flu vaccine may lessen flu symptoms.

Despite its long record of effectiveness, willingness to receive a flu shot is highly variable. Nationwide, year over year, vaccination rates among adults consistently hover around 45%, far below the nationwide target of 70%. That number is even lower in Indiana’s Black and Latinx communities. A recent study suggested that less than 40% of Black adults in the Midwest indicated a likelihood that they would get a seasonal flu shot⁴. Only about 33 percent of Latinx adults in the United States got flu shots in 2015. These numbers are concerning because Black and Latinx communities are already shouldering an unfair burden of COVID-19 illness.

While improved access to vaccination is important, access to these vaccines alone is insufficient to ensure vaccine acceptance. Now more than ever we need to promote dialogue in our communities about the importance of seasonal flu vaccination for everyone, especially during the COVID-19 pandemic.

**Additional Resources**

Our campaign to promote seasonal influenza vaccination, amplifies formal guidance from local, state and federal public health authorities but is designed to leverage the trust and credibility of neighborhood and community organizations. Many of these messages are adapted directly from the US Centers for Disease Control. Please use them as a reference for yourself and others as you see fit.

General Seasonal Flu Information Materials: [https://www.cdc.gov/flu/resource-center/freeresources/print/print-general.htm](https://www.cdc.gov/flu/resource-center/freeresources/print/print-general.htm)

Spanish Language Information: [https://www.cdc.gov/flu/resource-center/freeresources/print/print-spanish.htm](https://www.cdc.gov/flu/resource-center/freeresources/print/print-spanish.htm)

Seasonal Flu Vaccine Social Messages

We’ve partnered with @INRedCross to help promote seasonal flu vaccination in our community. Getting a #fluvaccine is safe, effective and more important than ever.

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors’ visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season.

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!

Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated.

Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.

Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212
It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you’re sick and stay home. Protect yourself and others: Get a #flu shot!

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!

Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.

Get your flu shot…it will help protect you against the #flu, and you just might help keep your neighbor healthy too!

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

There are plenty of places to get a #flu shot quickly and easily. Doctor’s offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.

Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you're protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

Flu and Covid-19—not a good mix. Reduce your risk of “double trouble” by getting a flu shot today!

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.
The #flu vaccine can prevent illness, reduce doctors' visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.

Don’t get caught without your shot! The #flu can be severe.

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!

Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm
We’ve partnered with @INRedCross to help promote seasonal flu vaccination in our community. Getting a #flu vaccine is safe, effective and more important than ever.

Nos hemos asociado con @INRedCross para ayudar a promover la vacunación contra la gripe estacional en nuestra comunidad. La aplicación de la #Fluvaccine (vacuna contra la gripe) es segura, efectiva y más importante que nunca.

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.

Vacunarse contra el #Flu (gripe) este año es más importante que nunca. Aparte de ayudarle a protegerse a sí mismo y a sus seres queridos, la #Fluvaccine (vacuna contra la gripe) también ayuda a reducir la carga de los hospitales y los sistemas de salud en Indiana.

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors’ visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season.

Hablemos sobre la gripe: ¿Sabía que la vacuna contra la gripe estacional puede reducir las enfermedades de la gripe, las visitas al médico, las hospitalizaciones y ha demostrado que salva vidas? Estamos alentando a todas las personas de nuestra comunidad que sean mayores de seis meses de edad a que se vacunen contra la gripe esta temporada.

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!

Para los padres de nuestra comunidad: La vacuna contra la gripe es la mejor manera de proteger a su hijo contra la gripe. Los niños menores de 5 años, particularmente los menores de 2 años, corren un alto riesgo de desarrollar complicaciones graves relacionadas con la gripe. ¡Vacúnese hoy mismo!
Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated.

La gripe puede empeorar los problemas de salud crónicos. La #Fluvaccine (vacuna contra la gripe) es la mejor protección contra el #Flu (gripe) y sus complicaciones potencialmente graves. Estamos alentando a todos en nuestra comunidad a vacunarse.

Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.

Nuestra comunidad tiene el poder de reducir el impacto de la gripe estacional. Es muy importante que hagamos todo lo que esté a nuestro alcance para mantenernos seguros durante la pandemia de la COVID-19. Un simple paso que todos podemos dar: vacunarnos contra la gripe. Es segura, efectiva y está ampliamente disponible.

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.

Incluso bien gestionada, la #diabetes pone a la gente en alto riesgo de desarrollar complicaciones graves por el #Flu (gripe). Vacunarse contra la gripe es la mejor protección contra la gripe y sus complicaciones potencialmente graves para las personas con esta afección.

The influenza vaccine is safe, effective, and one of the most frequently administered vaccines in the U.S.

La vacuna contra la influenza es segura, efectiva y una de las que se aplican con más frecuencia en los Estados Unidos.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.

¿Sabía usted? Los niños que reciben la vacuna contra la influenza tienen menos probabilidades de ser hospitalizados por enfermedades similares a la influenza que los niños no inmunizados. Las vacunas están disponibles ahora en el centro de salud de su
comunidad local, en el proveedor de atención médica y en muchas farmacias y clínicas de atención inmediata.

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.

USTED tiene el poder de protegerse a sí mismo y a los que le rodean, especialmente a los niños pequeños, adultos mayores y quienes tienen condiciones de salud crónicas. Las vacunas contra el #Flu (gripe) son seguras, efectivas y fáciles de conseguir en el consultorio de su proveedor de atención médica, en el centro de salud comunitario local, en clínicas de atención inmediata y en muchas farmacias.
Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212


It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you’re sick and stay home. Protect yourself and others: Get a #flu shot!

A veces los síntomas de la gripe se tardan un tiempo en aparecer. Eso significa que podría contagiársela a los que le rodean antes de darse cuenta de que está enfermo y quedarse en casa. Protéjase y proteja a los demás: ¡vacúnese contra el #Flu (gripe)!

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!

¿Alguna vez se ha preguntado cómo funciona la vacuna contra el #Flu (gripe)? Esta entrena a tu cuerpo para crear anticuerpos que ayudan a protegerle del virus de la gripe. La vacuna contra la gripe = ¡ser más fuerte!

Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

¿Sabía que hay vacunas contra el #Flu (gripe) hechas especialmente para los adultos mayores quienes, a veces, necesitan un apoyo adicional para su sistema inmunológico? Obtenga más información de su proveedor de atención médica, centro de salud comunitario o farmacia.

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.

Es temporada de gripe… y estamos en medio de una pandemia. Vacúnese contra el #Flu (gripe) para ayudar a protegerse a sí mismo y a las personas que ama.
A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.

¡Un pequeño pinchazo puede lograr mucho! La vacuna contra el #Flu (gripe) toma sólo un segundo, pero puede ayudar a protegerle a usted, a su familia y a su comunidad durante meses.

Get your flu shot…it will help protect you against the #flu, and you just might help keep your neighbor healthy too!

Vacúnese… le ayudará a protegerse contra el #Flu (gripe) y, ¡hasta podría ayudar a mantener sano a su vecino también!

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

Se ha demostrado repetidamente que la vacunación contra el #Flu (gripe) previene la propagación de la misma y reduce la gravedad de la enfermedad. ¡Vacúnese contra la gripe hoy!

As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

Mientras continuamos luchando contra la Covid-19, ¡su vacuna contra el #Flu (gripe) es más importante que nunca! Es segura, efectiva y fácil de obtener de su proveedor de atención médica, del departamento de salud del condado o del centro de salud de la comunidad. Puede hallar recursos aquí: https://www.in.gov/isdh/26540.htm

There are plenty of places to get a #flu shot quickly and easily. Doctor’s offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.

Hay muchos lugares donde le aplicarán la vacuna contra el #Flu (gripe) de manera rápida y fácil. Los consultorios médicos, las clínicas y los departamentos de salud ofrecen la vacuna contra la gripe. ¡Las farmacias también! No espere. Vacúnese hoy.

Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you’re protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!

Apúrese; ¡la temporada de gripe ya llegó! Estar protegido contra el virus de la influenza puede tomar cerca de dos semanas después de la aplicación de la vacuna. ¡Solicítela hoy mismo a su proveedor de atención médica, al departamento de salud del condado más cercano, a la farmacia o al centro de salud comunitaria!
The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

La manera número uno de protegerse a sí mismo, a su familia y a su comunidad contra la gripe es la vacunación anual.

Flu and Covid-19—not a good mix. Reduce your risk of “double trouble” by getting a flu shot today!

La gripe y la Covid-19 no son una buena mezcla. Reduzca el riesgo de un "problema doble", ¡vacunándose hoy mismo contra la gripe!

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.

A LOS PADRES: el #Flu (gripe) puede ser grave en los niños. La vacuna contra la influenza es una herramienta poderosa que puede prevenir la enfermedad o reducir su intensidad.

The #flu vaccine can prevent illness, reduce doctors’ visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.

La vacuna contra el #Flu (gripe) puede prevenir la enfermedad, reducir las visitas al médico y evitar la pérdida de horas en el trabajo y en la escuela. Incluso si usted está vacunado y aun así se enferma, podría reducirse la gravedad de su enfermedad.

Don’t get caught without your shot! The #flu can be severe.

¡No ande desprevenido sin su vacuna! El #Flu (gripe) puede ser grave.

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!

¿Sabía usted? La vacuna contra el #Flu (gripe) no sólo ayuda a proteger a las mujeres durante y después del embarazo, ¡también puede proteger al bebé nacido de una madre vacunada durante varios meses después del nacimiento!
Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!

Reduzca la posibilidad de una visita al hospital (especialmente durante la pandemia de la COVID-19); ¡vacúnese contra el #Flu (gripe)!

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm

¿Necesita un nuevo plan de vacunación contra la gripe este año? A algunas personas reciben la vacuna anual contra el #Flu (gripe) en el trabajo, pero muchas están trabajando desde casa en este momento. Además, algunas personas suelen ir a la farmacia para vacunarse, pero en estos días no salen de casa. Para mayor orientación, ingrese a: https://www.in.gov/isdh/26540.htm
Seasonal Flu Vaccine Social Messages

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Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.

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important we do everything we can to stay safe during the COVID-19 pandemic. One
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#flu complications. Getting a flu vaccine is the best protection against flu and its
potentially serious complications for people with diabetes.

The influenza vaccine is safe, effective, and one of the most frequently administered
vaccines in the U.S.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized
for influenza-like illness than unimmunized children. Vaccines are available now at your
local community health center, healthcare provider, and many pharmacies and
immediate care clinics.

YOU have the power to protect yourself and those around you – especially young children,
seniors, and those with chronic health conditions. #Flu shots are safe and effective, and
easy to get from your healthcare provider’s office, local community health center,
immediate care clinics, and many pharmacies.
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There are plenty of places to get a #flu shot quickly and easily. Doctor’s offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.

Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you’re protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.
Flu and Covid-19—not a good mix. Reduce your risk of "double trouble" by getting a flu shot today!

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.

The #flu vaccine can prevent illness, reduce doctors' visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.

Don't get caught without your shot! The #flu can be severe.

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!

Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm
We've partnered with @INRedCross to help promote seasonal flu vaccination in our community.

Getting a #fluvaccine is safe, effective and more important than ever. @INRedCross

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors’ visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season.

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!
Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated.

Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.
The influenza vaccine is safe, effective, and one of the most frequently administered vaccines in the U.S.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.

Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212.
It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you’re sick and stay home. Protect yourself and others: Get a #flu shot!

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!

Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.
Get your flu shot...it will help protect you against the #flu, and you just might help keep your
neighbor healthy too!
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Seasonal Flu Vaccine Social Messages
社交媒体发布：季节性流感疫苗接种

We’ve partnered with @INRedCross to help promote seasonal flu vaccination in our community. Getting a #fluvaccine is safe, effective and more important than ever.
我们携手 @INRedCross，希望在小区中宣传季节性流感疫苗接种。接种 #fluvaccine（流感疫苗）是安全且有效的，新冠疫情之下更加凸显这件事的重要性。

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.
今年疫情环境下，更加突显 #flu（流感）疫苗接种的重要性。#Fluvaccine（流感疫苗）不仅能够保护您和您爱的人，还可以减轻印第安纳州医院和医疗系统面临的压力。

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors’ visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season.
谈谈流感：您知道吗？季节性流感疫苗可以降低流感患病率，因此减少看医生和住院的机率，而且研究和实践证明该疫苗足以挽救生命。我们鼓励，本小区中只要年满六个月月龄的儿童以及成年人、老人都应接种流感疫苗。

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!
小区中的家长们应当知晓：流感疫苗能有效让您的孩子抵御预防 #flu（流感），而且是最好的方法。5岁以下儿童，尤其是 2 岁以下儿童，属于容易出现严重流感并发症的高风险人群。事不宜迟，立即接种流感疫苗！

Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated.
流感会使慢性病恶化，让个人生活雪上加霜。#Fluvaccine（流感疫苗）是预防 #flu（流感）及其潜在严重并发症的最佳方法。我们鼓励小区中的所有人都接种疫苗。

Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.
我们小区有能力降低季节性流感可能带来的影响。重要的是，在新冠疫情期间，每一个人应尽最大努力确保自己与他人的健康和安全。每个人都能够做到的很简单的一件事是：接种流感疫苗。该疫苗安全且有效，并且广泛供应给民众。

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.
The influenza vaccine is safe, effective, and one of the most frequently administered vaccines in the U.S.
流感疫苗安全且有效，并且是美国民众最常接种的疫苗之一。

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.
您知道吗？与未接种疫苗的儿童相比，接种流感疫苗的儿童因流感样疾病住院的可能性较低。现在可以在您当地的小区医疗中心、医疗服务提供商以及许多药房和实时护理诊所购买流感疫苗。

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.
您有能力保护自己和身边的人——尤其是幼儿、老人以及慢性病症患者。#Flu 疫苗是安全有效的，医疗保健服务提供者办公室、当地小区医疗中心、实时护理诊所和许多药房都可获取。

Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212
为了保护您自己和您爱的人，立即接种流感疫苗吧！@Marion_Health 将于 10 月提供四个免预约流感疫苗接种点，费用低廉。成人和儿童每人仅需 20 美元（2 岁以下儿童免费接种）。更多详细信息可见：http://marionhealth.org/immunize 或致电：(317) 221-2212

It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you’re sick and stay home. Protect yourself and others: Get a #flu shot!
有时候需要一段时间才能留意到出现流感症状。也就是说，在您意识到自己生病而留在家中之前，可能已经将流感传染给身边的人。为了保护您自己与他人——立即接种 #flu（流感）疫苗！

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!
是否思考过 #flu（流感）疫苗是如何起作用的？它训练人体，产生抵御流感病毒的抗体，形成有效防护。流感疫苗 = 加强身体抵抗力！
Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

您知道吗？有专门为老年人而设计 #flu（流感）疫苗，他们的免疫系统有时需要额外的防护。咨询您的医疗保健服务提供者、小区医疗中心或药房，以便了解详情。

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.

流感季节到了……而我们仍在经历新冠疫情。立即接种 #flu （流感）疫苗，保护您自己和您爱的人。

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.

打预防针忍一点小痛，健康更放心！打一针 #flu（流感）疫苗只需一秒，即可保护您和家人以及您的小区，流感免疫效果持续数月之久。

Get your flu shot…it will help protect you against the #flu, and you just might help keep your neighbor healthy too!

接种流感疫苗是必要的……可助您预防 #flu（流感），同时保护您邻居的健康！

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

多个研究显示，接种流感疫苗可防止 #flu（流感）传播，并减轻流感病情发展的严重程度。事不宜迟，立即接种流感疫苗！

As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

我们仍在对抗新冠疫情，这更加突显了 #flu（流感）疫苗接种的重要性！该疫苗是安全有效的，您可以在医疗保健服务提供者、县卫生部门或小区医疗中心购买，方便快捷。资源可见于：https://www.in.gov/isdh/26540.htm

There are plenty of places to get a #flu shot quickly and easily. Doctor's offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.

许多地方均提供轻松快速的 #flu（流感）疫苗接种服务。医生办公室、诊所和卫生部门均提供流感疫苗。药房也有！不要迟疑，立即接种流感疫苗吧。

Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you're protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!
马上行动——流感季节已经来临！接种疫苗后仍需约两星期才能起效，保护您免受流感病毒侵袭。立即在您的医疗保健服务提供者、县当地卫生部门、药房或小区医疗中心获取疫苗！

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

为了您和家人以及小区抵御流感侵袭，首要的预防方法是每年接种流感疫苗。

Flu and Covid-19—not a good mix. Reduce your risk of “double trouble” by getting a flu shot today!

当下流感加上新冠病毒，后果太可怕。立即接种流感疫苗，降低“双重麻烦”的风险！

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.

家长们应知晓：儿童患上 #flu（流感）可能会发展成重症。流感疫苗能够有效预防或者大大减轻流感侵袭人体的强度。

The #flu vaccine can prevent illness, reduce doctors’ visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.

#flu（流感）疫苗能够预防该疾病，减少看医生的次数，避免因请假而错过上班或上学。即使您接种流感疫苗之后仍患上流感，也可以减轻病情。

Don’t get caught without your shot! The #flu can be severe.

要是没接种疫苗，这时候生病就很麻烦了！#flu（流感）病情可能会很严重。

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!

您知道吗？#flu（流感）疫苗不仅有助于保护怀孕时和分娩后的女性，而且怀孕妈妈接种疫苗后，婴儿刚出生后几个月内也会对流感免疫！

Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!

降低您需要去看医生的机率，尤其在新冠疫情时期，谨慎为上。立即接种 #flu（流感）疫苗！

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm
计划接种今年的流感疫苗了吗？有些人一般会参加他们公司提供的年度 #flu（流感）疫苗接种，但现在许多人都居家办公。有些人通常会到药房接种疫苗，但药房暂时还没开始供应。如需指南，请浏览：https://www.in.gov/isdh/26540.htm
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談談流感: 您知道嗎? 季節性流感疫苗可以降低流感患病率，因此減少看醫生和住院的機會，而且研究和實踐證明該疫苗足以挽救生命。我們鼓勵，本社區中只要年滿六個月月齡的兒童以及成年人都應接種流感疫苗。

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!

社區中的家長們應當知曉: 流感疫苗能有效讓您的孩子抵禦預防 #flu（流感），而且是最好的方法。5 歲以下兒童，尤其是 2 歲以下兒童，屬於容易出現嚴重流感併發症的高風險人群。事不宜遲，立即接種流感疫苗！

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流感會使慢性病惡化，讓個人生活雪上加霜。#Fluvaccine（流感疫苗）是預防 #flu（流感）及其潛在嚴重併發症的最佳方法。我們鼓勵社區中的所有人都接種疫苗。

Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.

我們社區有能力降低季節性流感可能帶來的影響。重要的是，在新冠疫情期间，每一個人都應盡最大努力確保自己與他人的健康和安全。每個人都能做到的很簡單的一件事是: 接種流感疫苗。該疫苗安全且有效，並且廣泛供應給民眾。

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.
即使平時再小心翼翼控制慢性病，#diabetes（糖尿病）患者仍然有較高風險出現嚴重的#flu（流感）併發症。接種流感疫苗是預防流感的最佳方式，對於糖尿病患者抵禦嚴重的流感併發症，也是最好的防護。

The influenza vaccine is safe, effective, and one of the most frequently administered vaccines in the U.S.
流感疫苗安全且有效，並且是美國民眾最常接種的疫苗之一。

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您知道嗎？與未接種疫苗的兒童相比，接種流感疫苗的兒童因流感樣疾病住院的可能性較低。現在可以在您當地的社區醫療中心、醫療服務提供者以及許多藥房和即時護理診所購買新流感疫苗。

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.
您有能力保護自己和身邊的人——尤其是幼兒、老人以及慢性病症患者。#Flu（流感）疫苗是安全有效的，醫療保健服務提供者辦公室、當地社區醫療中心、即時護理診所和許多藥房都可獲取。

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為了保護您自己和您愛的人，立即接種流感疫苗吧！@Marion_Health 將於 10 月提供四個免預約流感疫苗接種點，費用低廉。成人和兒童每人僅需 20 美元（2 歲以下兒童免費接種）。更多詳細資訊可見：http://marionhealth.org/immunize 或致電：(317) 221-2212

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是否思考過 #flu（流感）疫苗是如何起作用的？它訓練人體，產生抵禦流感病毒的抗體，形成有效防護。流感疫苗 = 加強身體抵抗力！
Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

您知道嗎？有專門為老年人而設計 #flu（流感）疫苗，他們的免疫系統有時需要額外的防護。諮詢您的醫療保健服務提供者、社區醫療中心或藥房，以便瞭解詳情。

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.

流感季節到了……而我們仍在經歷新冠疫情。立即接種 #flu（流感）疫苗，保護您自己和您愛的人。

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.

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接種流感疫苗是必要的……可助您預防 #flu（流感），同時保護您鄰居的健康！

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

多個研究顯示，接種流感疫苗可防止 #flu（流感）傳播，並減輕流感病情發展的嚴重程度。事不宜遲，立即接種流感疫苗！

As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

我們仍在對抗新冠疫情，這更加突顯了 #flu（流感）疫苗接種的重要性！該疫苗是安全有效的，您可以在醫療保健服務提供者、縣衛生部門或社區醫療中心購買，方便快捷。資源可見於：https://www.in.gov/isdh/26540.htm

There are plenty of places to get a #flu shot quickly and easily. Doctor's offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.

許多地方均提供輕鬆快速的 #flu（流感）疫苗接種服務。醫生辦公室、診所和衛生部門均提供流感疫苗。藥房也有！不要遲疑，立即接種流感疫苗吧。

Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you're protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!
馬上行動——流感季節已經來臨！接種疫苗後仍需約兩星期才能起效，保護您免受流感病毒侵襲。立即在您的醫療保健服務提供者、縣當地衛生部門、藥房或社區醫療中心獲取疫苗！

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

為了您和家人以及社區抵禦流感侵襲，首要的預防方法是每年接種流感疫苗。

Flu and Covid-19—not a good mix. Reduce your risk of “double trouble” by getting a flu shot today!
當下流感加上新冠病毒，後果太可怕。立即接種流感疫苗，降低「雙重麻煩」的風險！

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.
家長們應知曉：兒童患上 #flu（流感）可能會發展成重症。流感疫苗能夠有效預防或者大大減輕流感侵襲人體的強度。

The #flu vaccine can prevent illness, reduce doctors’ visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.
#flu（流感）疫苗能夠預防該疾病，減少看醫生的次數，避免因請假而錯過上班或上學。即使您接種流感疫苗之後仍患上流感，也可以減輕病情。

Don’t get caught without your shot! The #flu can be severe.
要是沒接種疫苗，這時候生病就很麻煩了！#flu（流感）病情可能會很嚴重。

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!
您知道嗎？#flu（流感）疫苗不僅有助於保護懷孕時和分娩後的女性，而且懷孕媽媽接種疫苗後，嬰兒剛出生後幾個月內也會對流感免疫！

Lower your chance of a hospital visit (especially during the COVID -19 pandemic) – get a #flu shot!
降低您需要去看醫生的機率，尤其在新冠疫情時期，謹慎為上。立即接種 #flu（流感）疫苗！

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm
計畫接種今年的流感疫苗了嗎？有些人一般會參加他們公司提供的年度 #flu（流感）疫苗接種，但現在許多人都居家辦公。有些人通常會到藥房接種疫苗，但藥房暫時還沒開始供應。如需指南，請流覽：https://www.in.gov/isdh/26540.htm
We’ve partnered with @INRedCross to help promote seasonal flu vaccination in our community. Getting a #fluvaccine is safe, effective and more important than ever.

Nous nous sommes associés à @INRedCross (Croix-Rouge américaine, région de l'Indiana) pour promouvoir la vaccination contre la grippe saisonnière dans notre communauté. Recevoir un #vaccincontrelagrippe (#fluvaccine) est sûr, efficace et plus important que jamais.

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.

Il est plus important que jamais d'obtenir un vaccin contre la #grippe (#flu) cette année. Le #vaccincontrelagrippe (#fluvaccine) peut non seulement aider à vous protéger, vous et vos proches, mais aussi aider à désencombrer les hôpitaux et les systèmes de soins de santé dans l'Indiana.

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors’ visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season.

Parlons de la grippe : saviez-vous que le vaccin contre la grippe saisonnière peut réduire les maladies liées à la grippe, les visites chez le médecin et les hospitalisations, et qu’il a été démontré qu’il sauve des vies ? Nous encourageons tous les membres de notre communauté âgés de six mois et plus à se faire vacciner contre la grippe cette saison.

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!

Les parents dans notre communauté : le vaccin contre la grippe est le meilleur moyen de protéger votre enfant contre la #grippe (#flu). Les enfants de moins de 5 ans, en particulier ceux de moins de 2 ans, encouruent un grand risque de développer de graves complications liées à la grippe. Faites-vous vacciner dès aujourd'hui !

Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated.
La grippe peut aggraver les problèmes de santé chroniques. Le #vaccincontrelagrippe (#flu vaccine) est la meilleure protection contre la #grippe (#flu) et ses complications potentiellement graves. Nous encourageons tous les membres de notre localité à se faire vacciner.

Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.

Notre collectivité a le pouvoir de réduire l’impact de la grippe saisonnière. Il est si important que nous passions tout notre possible pour rester en sécurité pendant la pandémie de COVID-19. Un simple pas en avant que nous pouvons tous faire : recevoir un vaccin contre la grippe. Il est sûr et efficace et largement disponible.

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.

Même lorsqu’il est bien géré, le #diabète (#diabetes) expose les personnes à un risque élevé de développer de graves complications dues à la #grippe (#flu). Se faire vacciner contre la grippe est la meilleure protection contre la grippe et ses complications potentiellement graves pour les personnes souffrant de diabète.

The influenza vaccine is safe, effective, and one of the most frequently administered vaccines in the U.S.

Le vaccin contre la grippe est sûr, efficace et est l’un des vaccins les plus fréquemment administrés aux États-Unis.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.

Le saviez-vous ? Les enfants qui reçoivent le vaccin contre la grippe sont moins susceptibles d’être hospitalisés pour une maladie semblable à la grippe que les enfants non vaccinés. Les vaccins sont désormais disponibles dans votre centre de santé communautaire local, chez votre médecin et dans de nombreuses pharmacies et cliniques de soins immédiats.

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.
VOUS avez le pouvoir de vous protéger, vous et ceux qui vous entourent, en particulier les jeunes enfants, les personnes âgées et les personnes atteintes de maladies chroniques. Les vaccins contre la #grippe (#flu) sont sûrs et efficaces, et faciles à obtenir du cabinet de votre médecin, du centre de santé communautaire local, des cliniques de soins immédiats et de nombreuses pharmacies.

Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212

Protégez-vous et les gens que vous aimez, faites-vous vacciner contre la grippe ! @Marion_Health (Département de la santé publique du comté de Marion, Indianapolis) propose quatre cliniques sans rendez-vous à faible coût en octobre. 20 $ par personne et gratuitement pour les enfants de moins de 2 ans. Plus de détails sur : http://marionhealth.org/immunize ou par téléphone au (317) 221-2212

It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you’re sick and stay home. Protect yourself and others: Get a #flu shot!

Il faut parfois du temps pour remarquer les symptômes de la grippe. Cela signifie que vous pourriez propager la grippe à ceux qui vous entourent avant de vous rendre compte que vous êtes malade et que vous ne restiez pas à la maison. Protégez-vous et protégez les autres : faites-vous vacciner contre la #grippe (#flu) !

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!

Vous êtes-vous déjà demandé comment fonctionne le vaccin contre la #grippe (#flu) ? Il entraîne votre corps à créer des anticorps qui vous aident à vous protéger contre le virus de la grippe. Vaccin contre la grippe = un corps plus résistant !

Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

Saviez-vous qu’il existe des vaccins contre la #grippe (#flu) faits spécialement pour les personnes âgées, qui ont parfois besoin d’une aide supplémentaire pour leur système immunitaire ? Apprenez-en davantage auprès de votre médecin, de votre centre de santé communautaire ou de votre pharmacie.

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.
C’est la saison de la grippe... et nous sommes en plein milieu d’une pandémie. Faites-vous vacciner contre la #grippe (#flu) pour aider à vous protéger, vous et les personnes que vous aimez.

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.

Une petite piqûre pour une tranquillité d’esprit qui dure ! Un vaccin contre la #grippe (#flu) ne prend qu’une seconde, mais il peut aider à vous protéger et protéger votre famille et votre communauté pendant des mois.

Get your flu shot...it will help protect you against the #flu, and you just might help keep your neighbor healthy too!

Faites-vous vacciner contre la grippe... cela aidera à vous protéger contre la grippe (#flu) et vous pourriez aussi aider à préserver la santé de votre voisin !

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

Il a été démontré à maintes reprises que la vaccination contre la #grippe (#flu) prévient la propagation de la maladie et en atténue la gravité. Faites-vous vacciner contre la grippe dès aujourd’hui !

As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

Alors que nous continuons à combattre la Covid-19, votre vaccin contre la #grippe (#flu) est plus important que jamais ! Il est sûr, efficace et facile à obtenir de votre médecin, du département de la santé du comté ou du centre de santé communautaire. Des ressources peuvent être trouvées ici : https://www.in.gov/isdh/26540.htm

There are plenty of places to get a #flu shot quickly and easily. Doctor's offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.


Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you're protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!
Faites vite - la saison de la grippe est déjà à nos portes ! Environ deux semaines peuvent s’écouler après avoir reçu le vaccin avant que vous ne soyez protégé contre le virus de la grippe. Demandez dès aujourd’hui un vaccin à votre médecin, au département local de la santé du comté, à la pharmacie ou au centre de santé communautaire !

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

La meilleure façon de vous protéger, vous, votre famille et votre communauté contre la grippe est de vous faire vacciner chaque année.

Flu and Covid-19—not a good mix. Reduce your risk of “double trouble" by getting a flu shot today!

La grippe et la Covid-19 ne font pas bon ménage. Réduisez vos risques d’accumuler les ennuis en vous faisant vacciner contre la grippe dès aujourd’hui !

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.

PARENTS : la #grippe (#flu) peut s’avérer grave chez les enfants. Le vaccin contre la grippe est un moyen puissant qui peut prévenir la maladie ou en réduire la gravité.

The #flu vaccine can prevent illness, reduce doctors’ visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.

Le vaccin contre la #grippe (#flu) peut prévenir la maladie, réduire les visites chez le médecin et éviter les absences du travail et de l’école. Même si vous êtes vacciné et que vous tombez malade, la gravité de votre maladie peut être atténuée.

Don’t get caught without your shot! The #flu can be severe.

Ne vous faites pas prendre sans votre vaccin ! La #grippe (#flu) peut être grave.

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!

Le saviez-vous ? Le vaccin contre la #grippe (#flu) aide non seulement à protéger les femmes pendant et après la grossesse, mais il peut également protéger le bébé né d’une mère vaccinée pendant plusieurs mois après la naissance !

Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!
Réduisez vos risques d'une visite à l'hôpital (surtout pendant la pandémie de COVID-19) – faites-vous vacciner contre la #grippe (#flu) !

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm

Avez-vous besoin d’un nouveau plan de vaccination contre la grippe cette année ? Certaines personnes reçoivent leur vaccin annuel contre la #grippe (#flu) au travail, mais beaucoup travaillent de la maison maintenant. Et certaines personnes passent habituellement par la pharmacie pour recevoir leur vaccin, mais ne sortent tout simplement plus de chez elles ces jours-ci. Pour obtenir des conseils, allez sur : https://www.in.gov/isdh/26540.htm
Seasonal Flu Vaccine Social Messages
Tlangrai(Ttohkui) Zawtnak Khamnak Si Caah Online In Biacahnak Pawl

We’ve partnered with @INRedCross to help promote seasonal flu vaccination in our community. Getting a #fluvaccine is safe, effective and more important than ever.

Kan khuasak tti nak hmun ah, tlangrai(ttohkui) zawtnak khamnak si i chunh nak atam khawh nak hnga, kanbawmh khawh nak ding caah @INRedCross he rian kanttuan ti cang. #fluvaccine (tlangrai (ttohkui) zawtnak khamnak si) i chunh hi, ahim, hmual angei i, azei caan vialte lio nak in atu ah abiapideuh mi cu a si.

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana.

#flu vaccine (tlangrai (ttohkui) zawtnak khamhnak si) atu kum i chunh hi, azei caan vialte lio nak in abiapideuh mi a si. #Fluvaccine (tlangrai(ttohkui) zawtnak khamnak si) nih, nangmah le nadawt mi hna khamh nak ca lawng ah, aan bawm tu asilo i, Indiana i kan mizaw um nak siin le ngandum nak ca thil tining cungah thilrit a tlawm khawh nak ding caah na bawmh zong asi fawn.

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors' visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season.

Tlangrai(ttohkui) zawtnak kong chim uh sih: Tlangrai (ttohkui) zawtnak si i chunh nak nih, tlangrai (ttohkui) zawtnak, sibawi sin kal nak, siin kai nak pawl kha, azawr ter lawng siloin, nun nak hmanh akhambh khawh ti kha na thei maw? Kan khuasak tti nak ah aum mi, thla 6 in acung lei paoh paoh, atu caanlioah, tlangrai(ttohkui) zawtnak khamnak si i chunh ding ah forhfial kanin duh hna.

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today!

Kan khuasak tti nak ah aum mi nu le pa hna: Tlangrai(ttohkui) zawtnak khamnak si cu, nafa #flu (tlangrai (ttohkui) zawtnak) angah lo nak ding/dohnakding ca khamnak attha bik mi a si. Kum 5 tang hngakchia, abik in, kum 2 tang hi, tlangrai(ttohkui) zawtnak he apeh tlaimi zawtnak ngah an fawi deuh. Tlangrai (ttohkui) zawtnak khamnak si atu ni bak ah i chun!

Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated.
Our community has the power to reduce the impact of seasonal influenza. It's so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.

Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.
Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212

It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you’re sick and stay home. Protect yourself and others: Get a #flu shot!

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!

Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

It’s flu season…and we’re in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.
Tlangrai zawtnak atlun caan a si.... cu pin ah, pulrai zawtnak kantonlio te a si fawn. Nang mah le na dawt mi hna khamh nak caah #flu (tlangrai (ttohkui) zawtnak) khamnak si i chun.

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months.

Tlawmpalte hmeh nak te nih, lam sau pi akal ter! #flu (tlangrai zawtnak) khamnak si chunh nak caah a caan tlawm te lawng a hau, sihmansehlaw, nangmah, na chungkhar, le na khuasak tti mi hna kha thla tam pi khamh nak ding an bawmh khawh.

Get your flu shot…it will help protect you against the #flu, and you just might help keep your neighbor healthy too!

Tlangrai (ttohkui) zawtnak khamnak si i chun! #flu (tlangrai (ttohkui) zawtnak) in an khamh lai i, na inn pa hna kha ngandam te in na um ter ve hna lai!

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

Tlangrai zawtnak kham nak si i chunh nak nih, #flu (tlangrai (ttohkui) zawtnak) le azual ngai in zawtnak kha a zawrter ti mi arak alangh ter zungzal. Tlangrai (ttohkui) zawtnak khamnak si tuni ah i chun!

As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

COVID-19 Pulrai zawtnak kan doh cuahmah lio ah, #flu (tlangrai (ttohkui) zawtnak) khamnak si i chunh hi azei caan vialte lio nak in abiap deuh! Ahim, hmuai angei, cun, an zohkhenh tu sibawi hna, khuasak nak i ngandam nak zung (pengzung) asiloah khuasak nak i ngandam nak hmun ah fawi te in ngah khawh a si. Tling te in theih khawh nak ding caah: https://www.in.gov/isdh/26540.htm

There are plenty of places to get a #flu shot quickly and easily. Doctor's offices, clinics, and health departments offer the flu shot. Pharmacies too! Don’t wait. Get one today.

#flu (tlangrai (ttohkui) zawtnak) khamnak si cu, hmun tampi ah rang te le fawi te in i chunh khawh a si. Sibawi zung, sekhaan, le ngandam nak zung ah tlangrai (ttohkui) zawtnak khamnak si i chunh khawh a si. Si dawr zong ah a ngah thiam thiam! I dua da hlah. Atu ni ah i chun.
Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you're protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!

Zok zok – tlangrai (ttokhui) zawtnak atlung cang! Si i chunh hnu, zaarh hnih hrawng lawng ah tlangrai zawtnak rungrul khamh khawh a si. Tlangrai zawtnak khamnak si kha ngandam nak a pe tu hna sin, nan khua i ngandam nak zung, si dawr asiloah khuasak nak i ngandam nak hmun ah tuni ah hal hna!

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

Tlangrai (ttokhui) zawtnak in, nangmah, na chungkhar le na khuasak nak hmun na khamh khawh nak ding lam pakhat cu, tlangrai zawtnak khamnak si kum fatin i chunh hi a si.

Flu and Covid-19—not a good mix. Reduce your risk of “double trouble” by getting a flu shot today!

Tlangrai (ttokhui) zawtnak le Covid-19 - a cawh ding cu thil ttha a si lo. "Buai nak pahnih" a can lo nak ding caah, tlangra (ttokhui) zawtnak khamnak si kha atu ni bak ah i chun!

PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.

NU LE PA HNA: #flu (tlangrai (ttokhui) zawtnak) hi hngakchia sin ah a zual kho mi a si. Tlangrai zawtnak khamnak si cu zawtnak a kham kho mi hmuai angel ngai ngai mi a si asiloah zawtnak azual nak kha azor ter.

The #flu vaccine can prevent illness, reduce doctors’ visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.

#flu (tlangrai (ttokhui) zawtnak) khamnak si nih zawtnak akham khawh, sibawi sin kal a tlawm ter, cun, rian tloh le sianginn tloh ahrial ter tu zong a si. Tlangrai zawtnak khamnak si na chunh bu ah nazawt asizong ah azual nak kha atlawm deuh lai.

Don’t get caught without your shot! The #flu can be severe.

Tlangrai zawtnak khamnak si i chun lo in i tlairai zawtnak i tlaih ter hlah! #flu (tlairai zawtnak) kha azual kho mi a si.
Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!

Na thei maw? #flu (tlangrai (ttohkui) zawtnak) khamnak si nih nau pawi lio le nau chuah hnu lawng ah akhamh lo i, khamnak si a chun mi nu sin in, a chuakka mi nau zong kha, achuah hnu thlatam pi tiang akhamh khawh!

Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!

(Abik in COVID-19 pulrai zawtnak kan ton lio ah) siin kal atlawm khawh nak ding na tuah ahau - #flu (tlangrai (ttohkui) zawtnak) khamnak si i chun!

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm

Tukum caah tlangrai (ttohkui) zawtnak khamnak si i chunh nak timhtuah na hau maw? Micheu khat cu kum fa te #flu (tlangrai zawtnak) kham nak si kha rian tuan nak ah an ni chun tawn sihmansehlaw mitam pi cu atu ah inn in rian an tuan. Cun, mi cheu cu sidawr ah an ni chun ter tawn, asinain atu lio caan ah cun leng an chuak tuk ti lo. Lamhruainak caah, mah kaah zoh khawh a si https://www.in.gov/isdh/26540.htm
Seasonal Flu Vaccine Social Messages
Informacje w mediach społecznościowych o sezonowym szczepieniu przeciw grypie

We've partnered with @INRedCross to help promote seasonal flu vaccination in our community. Getting a #fluvaccine is safe, effective and more important than ever. Współpracujemy z @INRedCross (CzerwonymKrzyżemIN), aby promować sezonowe szczepienia przeciw grypie wśród członków naszej społeczności. #Fluvaccine (Szczepionkaprzeciwgrypie) jest bezpieczna, skuteczna i tak ważna, jak nigdy dotąd.

Getting a #flu vaccine this year is more important than ever. #Fluvaccine not only can help protect you and your loved ones, but also help reduce the strain on hospitals and healthcare systems in Indiana. Zaszczepienie się przeciw #flu (grypie) w tym roku ma szczególne znaczenie. #Fluvaccine (Szczepionkaprzeciwgrypie) nie tylko chroni Ciebie i Twoich bliskich, ale również zmniejsza obłożenie szpitali i obciążenie służby zdrowia w stanie Indiana.

Let’s talk about the flu: Did you know that the seasonal flu vaccine can reduce flu illnesses, doctors’ visits, hospitalizations and has been shown to be life-saving? We’re encouraging everyone six months of age and older in our community to get a flu vaccine this season. Porozmawiajmy o grypie: Czy wiesz, że szczepionka przeciw grypie sezonowej pomaga obniżyć ryzyko chorób towarzyszących, zmniejsza częstotliwość wizyt u lekarza i hospitalizacji oraz zwiększa szanse na przeżycie? Zachęcamy członków naszej społeczności do sezonowych szczepień; szczepionki można podawać już od szóstego miesiąca życia.

Parents in our community: Flu vaccine is the best way to protect your child against #flu. Children younger than 5 years old, especially those younger than 2, are at high risk of developing serious flu-related complications. Get vaccinated today! Rodzice w naszej społeczności: Szczepionka to najlepszy sposób ochrony dziecka przed #flu (grypą). Dzieci w wieku poniżej 5 lat (a zwłaszcza te w wieku poniżej 2 lat) znajdują się grupie podwyższonego ryzyka poważnych powikłań pogrypowych. Zaszczep się już dziś!

Flu can make chronic health problems worse. The #Fluvaccine is the best protection from #flu and its potentially serious complications. We’re encouraging all in our community to get vaccinated. Grypa może pogorszyć przewlekłe stany chorobowe. #Fluvaccine (Szczepionkaprzeciwgrypie) to najlepsza ochrona przed #flu (grypą) i potencjalnie niebezpiecznymi powikłaniami. Zachęcamy wszystkich członków naszej społeczności do szczepień.
Our community has the power to reduce the impact of seasonal influenza. It’s so important we do everything we can to stay safe during the COVID-19 pandemic. One simple step we can all take: Get a flu shot. It is safe and effective, and widely available.


Even when well-managed, #diabetes places people at high risk of developing serious #flu complications. Getting a flu vaccine is the best protection against flu and its potentially serious complications for people with diabetes.

Osoby z #diabetes (cukrzycą) znajdują się w grupie podwyższonego ryzyka rozwoju poważnych powikłań #flu (pogrypowych), nawet jeśli udało im się uzyskać kontrolę nad chorobą. Szczepionka przeciw grypie to najlepsza ochrona przeciw grypie i potencjalnie niebezpiecznymi powikłaniami u osób z cukrzycą.

The influenza vaccine is safe, effective, and one of the most frequently administered vaccines in the U.S.

Szczepionka przeciw grypie jest bezpieczna i skuteczna. Jest również jedną z najczęściej podawanych szczepionek w Stanach Zjednoczonych.

Did you know? Children who receive influenza vaccine are less likely to be hospitalized for influenza-like illness than unimmunized children. Vaccines are available now at your local community health center, healthcare provider, and many pharmacies and immediate care clinics.

Czy wiesz, że w porównaniu z dziećmi nieszczepionymi dzieci, które otrzymały szczepionkę przeciw grypie, rzadziej są hospitalizowane z powodu chorób grypopodobnych? Szczepionki są już dostępne w lokalnym ośrodku zdrowia, gabinecie lekarskim oraz w wielu aptekach i ośrodkach pomocy doraźnej.

YOU have the power to protect yourself and those around you – especially young children, seniors, and those with chronic health conditions. #Flu shots are safe and effective, and easy to get from your healthcare provider’s office, local community health center, immediate care clinics, and many pharmacies.

JESTEŚ w stanie ochronić siebie i osoby z Twojego otoczenia, zwłaszcza małe dzieci, osoby starsze i zmagające się z przewlekłymi chorobami. Szczepionki przeciw #flu (grypie) są bezpieczne, skuteczne i dostępne w gabinecie lekarskim, lokalnych ośrodkach zdrowia, ośrodkach pomocy doraźnej i wielu aptekach.

Protect yourself and the people you love, get a flu shot! @Marion_Health is offering four low-cost walk-in flu shot clinics in October. $20 for adults and children (under age 2 are free). More info: http://marionhealth.org/immunize or call (317) 221-2212

Chroń siebie i swoich bliskich – zaszczep się przeciw grypie! @Marion_Health organizuje w październiku cztery ambulatoryjne sesje szczepień w przystępnej cenie 20 dolarów, zarówno dla osób dorosłych, jak i dzieci (szczepienia u dzieci poniżej 2. roku życia są bezpłatne). Więcej informacji: http://marionhealth.org/immunize, tel.: (317) 221-2212
It sometimes takes a while to notice flu symptoms. That means you could spread the flu to those around you before you realize you're sick and stay home. Protect yourself and others: Get a #flu shot!

Rozpoznanie objawów grypy może zająć trochę czasu. Zanim więc zdasz sobie sprawę, że dopadła Cię choroba i że najlepiej pozostać w domu, zdążysz zarazić osoby znajdujące się w Twoim otoczeniu. Chroń siebie i innych: Zaszczep się przeciw #flu (grypie)!

Ever wonder how the #flu vaccine works? It trains your body to create antibodies that help protect you from the flu virus. Flu shot = a stronger you!

Chcesz wiedzieć, jak działa szczepionka przeciw #flu (grypie)? Pomaga ona wytworzyć w Twoim ciele przeciwciała, które chronią Cię przed wirusem grypy. Szczepionka przeciw grypie = zwiększona odporność!

Did you know there are #flu vaccines made especially for seniors, who sometimes need extra support for their immune systems? Learn more from your healthcare provider, community health center, or pharmacy.

Czy wiesz, że istnieją szczepionki przeciw #flu (grypie) opracowane specjalnie z myślą o osobach starszych, których układ odpornościowy potrzebuje od czasu do czasu dodatkowej ochrony? Więcej informacji uzyskasz w gabinecie lekarskim, lokalnym ośrodku zdrowia lub aptece.

It's flu season…and we're in the middle of a pandemic. Get a #flu shot to help protect you and the people you love.

Nadchodzi grypa sezonowa, a my znajdujemy się w środku pandemii. Zaszczep się przeciw #flu (grypie), a ochronisz siebie i swoich bliskich.

A little pinch goes a long way! A #flu shot takes only a second to get, but it can help protect you, your family, and your community for months. Małe ukłucie przyniesie wiele dobrego! Podanie szczepionki przeciw #flu (grypie) trwa zaledwie sekundę, ale pomoże Ci ona chronić siebie, Twoją rodzinę i społeczność przez długie miesiące.

Get your flu shot…it will help protect you against the #flu, and you just might help keep your neighbor healthy too! Zaszczep się przeciw grypie – szczepionka pomoże Ci ochronić się przed #flu (grypą) i zapewni zdrowie członkom Twojej społeczności!

Influenza vaccination has repeatedly been shown to prevent the spread of #flu and reduce the severity of illness. Get your flu shot today!

Wielokrotnie udowodniono, że szczepienia przeciw grypie zapobiegają rozprzestrzenianiu się wirusa #flu (grypy) i łagodzą przebieg choroby. Zaszczep się przeciw grypie już dziś!
As we continue to fight Covid-19, your #flu shot is more important than ever! It’s safe, effective, and easy to get from your healthcare provider, county health department, or community health center. Resources can be found here: https://www.in.gov/isdh/26540.htm

W okresie walki z pandemią Covid-19 szczepionka przeciw #flu (grypie) ma szczególne znaczenie! Jest bezpieczna, skuteczna i dostępna w gabinetie lekarskim, departamencie zdrowia hrabstwa i lokalnym ośrodku zdrowia. Materiały znajdują się na stronie: https://www.in.gov/isdh/26540.htm.

There are plenty of places to get a #flu shot quickly and easily. Doctor's offices, clinics, and health departments offer the flu shot. Pharmacies too! Don't wait. Get one today.


Hurry—flu season is already here! It can take about two weeks after receiving the vaccine before you're protected against the influenza virus. Ask for a vaccine from your healthcare provider, local county health department, pharmacy, or community health center today!

Pośpiesz się – wirus grypy sezonowej nie śpi! Wytworzenie odporności na wirusa zajmuje około dwóch tygodni od chwili podania szczepionki. Już dziś poproś o nią w gabinecie lekarskim, lokalnym departamencie zdrowia hrabstwa, aptece lub lokalnym ośrodku zdrowia!

The number one way to protect you, your family, and your community against the flu is to get vaccinated every year.

Jeśli chcesz ochronić siebie, swoją rodzinę i społeczność przed grypą, szczep się co roku – to najlepszy sposób!


PARENTS: The #flu can be severe in children. The influenza vaccine is a powerful tool that can prevent the illness or reduce its intensity.

RODZICE: Przebieg #flu (grypy) może być u dzieci naprawdę ciężki. Szczepionka przeciw grypie to potężne narzędzie zapobiegające chorobie lub łagodzące jej przebieg.

The #flu vaccine can prevent illness, reduce doctors’ visits, and avoid missed work and school. Even if you are vaccinated and still get sick, the severity of your illness may be reduced.
Szczepionka przeciw #flu (grypie) zapobiega chorobie, zmniejsza częstotliwość wizyt w gabinecie lekarskim oraz zapobiega nieobecności w pracy i w szkole. Nawet jeśli zachorujesz po otrzymaniu szczepionki, przebieg choroby będzie znacznie łagodniejszy.

Don’t get caught without your shot! The #flu can be severe. 
Nie daj się dopaść grypie – zaszczep się! Przebieg #flu (grupy) może być naprawdę ciężki.

Did you know? The #flu vaccine not only helps protect women during and after pregnancy, it can also protect the baby born to a vaccinated mom for several months after birth!
Czy wiesz, że szczepionka przeciw #flu grypie chroni kobiety w ciąży i w okresie poporodowym? Przez kilka miesięcy po porodzie chroni ona również dziecko zaszczepionej mamy!

Lower your chance of a hospital visit (especially during the COVID-19 pandemic) – get a #flu shot!
Zmniejsz ryzyko hospitalizacji (zwłaszcza w okresie pandemii COVID-19) – zaszczep się przeciw #flu (grypie)!

Need a new flu shot plan this year? Some people get their annual #flu vaccine at work, but many are working from home now. And some people usually stop by the pharmacy for their shot, but just aren’t out and about these days. For guidance, go to: https://www.in.gov/isdh/26540.htm 
Potrzebujesz w tym roku nowego planu szczepień przeciw grypie? Niektóre osoby corocznie otrzymują szczepionkę przeciw #flu (grypie) w pracy, jednak wiele z nich pracuje teraz w domu. Inni zaszczepiają się w aptekach, ale w obecnej sytuacji wolą pozostać w domu. Wytyczne znajdują się na stronie: https://www.in.gov/isdh/26540.htm.