Social Media Language to Share

- **Facebook:** This year, it is more important than ever to get your flu shot. Why? 1) To reduce the overall burden of respiratory illness. 2) To protect vulnerable populations from severe illness. 3) To help save limited medical resources for COVID-19 patients. Join @MUExtAgEnvironment this fall and mask up, lather up and sleeve up!
- **Twitter:** Why should you get the flu shot? To reduce the overall burden of respiratory illness, protect vulnerable populations & reduce the burden on our MO healthcare system. Join @MUExtAgEnviron this fall & mask up, lather up, sleeve up! #LiveHealthyMO #ExtendMU
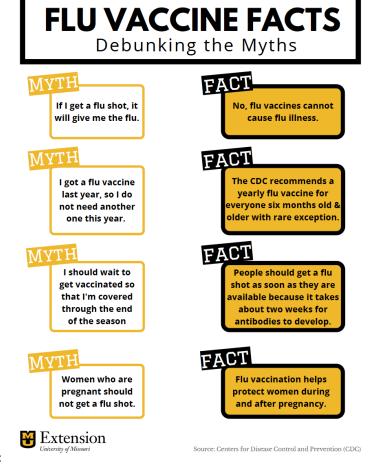- **Visual:**

- **Facebook:** Not feeling well? COVID-19, the flu and the common cold are all contagious respiratory illnesses, but they are caused by different viruses. Read @MUHealthCare's recent article to review the symptoms of each and then strongly consider getting your flu shot this fall to stay healthy and keep others healthy, too! https://bit.ly/3k6wHcS | @MUExtAgEnvironment
- **Twitter:** COVID-19, flu & common cold are all contagious respiratory illnesses, but they are caused by different viruses. Read @muhealth's article to review the symptoms of each & then strongly consider getting your #flu shot this fall. https://bit.ly/3k6wHcS @MUExtAgEnviron

- **Facebook:** The public health measures that we're using to protect ourselves and others from COVID-19 are also successful in reducing the spread of influenza," said Christelle Ilboudo, MD, infectious disease expert at @MUHealthCare. Join @MUExtAgEnvironment and get your flu shot as soon as you can. It's mask up, lather up, and sleeve up season! https://bit.ly/345F4zK
- **Twitter:** The public health measures that we're using to protect ourselves & others from COVID-19 are also successful in reducing the spread of influenza," said @MUHealth's Dr. Christelle Ilboudo. Get your #flu shot today! https://bit.ly/345F4zK @MUExtAgEnviron #ExtendMU

- **Facebook:** A flu vaccine protects you, your loved ones and your co-workers from the flu this year. And given the current COVID-19 pandemic, it's important to keep yourself and those around you safe, healthy and flu free! Learn more from @MUExtAgEnvironment livehealthy.missouri.edu
- **Twitter:** Given the current COVID-19 pandemic, it's important to keep all Missourians healthy & flu-free! A flu vaccine protects you, your loved ones & your co-workers. Learn more from @MUExtAgEnviron livehealthy.missouri.edu #LiveHealthyMO #ExtendMU

- **Visual:**

- **Facebook:** Debunk common flu vaccine myths with @MUExtAgEnvironment. See a myth you've heard? It's vital Missourians understand the facts to help fight against this infectious disease. Learn more: livehealthy.missouri.edu
- **Twitter**: Debunk common flu vaccine myths with @MUExtAgEnviron. See a myth you've heard? It's vital Missourians understand the facts to help fight against this infectious disease. Learn more: livehealthy.missouri.edu #ExtendMU #LiveHealthyMO

FLU VACCINE FACTS
Debunking the Myths

MYTH
If I get a flu shot, it will give me the flu.

FACT
No, flu vaccines cannot cause flu illness.

MYTH
I got a flu vaccine last year, so I do not need another one this year.

FACT
The CDC recommends a yearly flu vaccine for everyone six months old & older with rare exception.

MYTH
I should wait to get vaccinated so that I'm covered through the end of the season

FACT
People should get a flu shot as soon as they are available because it takes about two weeks for antibodies to develop.

MYTH
Women who are pregnant should not get a flu shot.

FACT
Flu vaccination helps protect women during and after pregnancy.

Extension
University of Missouri

Source: Centers for Disease Control and Prevention (CDC)

- **Visual:**

- **Facebook:** Looking for a flu vaccination location close by? Vaccine Finder is an easy way to discover your nearest options. Simply visit, https://vaccinefinder.org/, select the flu shot option that best fits your needs and then enter your zip code. We all have a part to play in keeping Missouri healthy this year. Do your part by rolling up your sleeves and getting vaccinated! @MUExtAgEnvironment

- **Twitter:** Looking for a flu vaccination location close by? Vaccine Finder is an easy way to discover your nearest options: https://vaccinefinder.org/ | Do you part to #LiveHealthyMO! #ExtendMU @MUExtAgEnviron