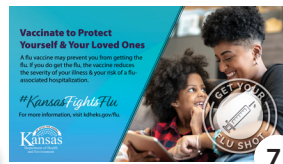


Kansas Fights Flu 2020 Social Media Toolkit

The Kansas Department of Health and Environment created these graphics and sample posts to help you raise awareness about influenza in Kansas. Posts can be customized to include your influenza-related information. Hashtag suggestions: #KansasFightsFlu #GetAFluVax. Find more graphics & sample posts including resources in [Spanish](#) at [CDC.gov](#).



1. Best Time for Flu Vaccination? Graphic

Flu season can begin as early as October. It usually peaks between December and February, and it can last as late as May. A flu vaccine is your best defense to protect yourself and your fellow Kansans.

2. Fight COVID-19 by Staying Healthy Graphic

Flu vaccines reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine is more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce healthcare resources.

3. Find Your Vaccination Destination Graphic

Protect yourself and your loved ones by getting a flu vaccine. Talk to your healthcare provider or find your nearest vaccination location today: [VaccineFinder.org](#).

4. Did You Know Graphic

Now is the time to get a flu vaccine. Protect yourself and your friends and neighbors before the flu begins spreading in your community. Find your nearest vaccination location today: [VaccineFinder.org](#).

5. Best Defense Graphic

Getting a flu vaccine is more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce healthcare resources. The CDC recommends everyone over 6 months of age to get a flu vaccine.

6. Vaccinate to Protect Your Community (Healthcare Graphic)

Flu vaccines reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine is more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce healthcare resources.

7. Vaccinate to Protect Yourself & Your Loved Ones (Mom & child)

Protect yourself and your loved ones by getting a flu vaccine. Talk to your healthcare provider or find your nearest vaccination location at [VaccineFinder.org](#).

8. Vaccinate to Protect Your Community (Seniors Graphic) Did you know?

Human immune defenses become weaker with age, placing some aged 65+ years at greater risk of flu-related complications. Learn more from the CDC: <https://go.usa.gov/xVn4Y>

9. Can I Have Flu & COVID-19 at the Same Time?

Is it COVID-19 or is it the flu? It may be hard to tell. Use the @CDC's Coronavirus Self-Checker tool, which can be found in @KDHE's COVID-19 Online Resource Center: <https://www.coronavirus.kdheks.gov/224/What-to-do-if-you-think-youre-sick>

10. Will Flu & COVID-19 Co-Exist?

It's likely that flu and COVID-19 will be spreading at the same time. A flu vaccine is your best defense to reduce the risk of flu-related illness, hospitalization and death. Talk to your healthcare provider or find your nearest vaccination location at [VaccineFinder.org](#).