

**Help us spread the word to stop the spread of preventable illnesses.**

We’ve provided social posts on a range of vaccine topics below – feel free to share these on your social media channels or use them as inspiration to create your own. Each post has been written to fit any social platform. Please [return to our online toolkit](http://www.beimmunekansas.org/tools-for-healthcare-professionals) for some options for visuals you may want to include with your shares. Thank you for joining the effort to promote lifelong health in Kansas by raising immunization rates!

**Influenza (Flu):**

Stay healthy all flu season long by getting the influenza vaccine for you and your family. Talk to your primary care provider and visit [beimmunekansas.org](http://www.beimmunekansas.org/) to learn how immunizations help make you and all Kansans healthier. #influenza #beimmunekansas

Our immune systems weaken as we age, putting us at risk for flu and pneumonia complications. Ask your primary care provider which immunizations should be part of your plan for lifelong health – at any age: <https://bit.ly/3QO1vAd> #influenza #flu #beimmunekansas

**Measles, Mumps & Rubella (MMR):**

Measles is a serious and very contagious disease – it can even be deadly. Fortunately, we have highly effective immunizations for measles, mumps and rubella. Learn more about the MMR vaccine and other immunizations here: <https://bit.ly/3QO1vAd> #measles #mmr #beimmunekansas

Give your loved ones the gift of good health. Immunization to prevent measles, mumps and rubella (MMR) is a safe and effective way to safeguard your family and others. Learn more at [beimmunekansas.org](https://beimmunekansas.org/) #mmr #measles #mumps #rubella #beimmunekansas

**Chickenpox:**

Ask your family doctor about childhood immunizations like the chickenpox vaccine. You can also take a free online assessment right now to see what immunizations are recommended for any age group: <https://bit.ly/3WnOfn3> #chickenpox #varicella #beimmunekansas

**Whooping Cough (Pertussis):**

Did you know that a mom-to-be can get the whooping cough (pertussis) vaccine and pass immunity along to her baby? That’s giving the child a healthy start, even before being born. And it’s not just for babies. Visit [beimmunekansas.org](http://www.beimmunekansas.org/) to learn more. #beimmunekansas

Worried about whooping cough (pertussis)? Good news: It is preventable with a safe and effective vaccine that's available for all ages. Learn more here: <https://bit.ly/3CZjHkQ> #whoopingcough #pertussis #beimmunekansas

**Shingles:**

Preventable diseases like shingles shouldn't stop you from enjoying life. Talk to your primary care provider about immunizations for adults over 50. Take a free online assessment to see what vaccines are recommended for your age: <http://bit.ly/3WnOfn3> #shingles #beimmunekansas

If you are age 50+, have you had a shingles vaccine? Enjoy the freedom of good health at any age. Talk to your doctor today about immunizations for your age group - and learn more here: [beimmunekansas.org](https://beimmunekansas.org/) #shingles #beimmunekansas

**HPV:**

As a parent, are you feeling unsure about when – or if – your child should get immunized against HPV? Here's some quick and helpful info, and please talk to your child's doctor about it today: <https://bit.ly/3WzavLa> #HPV #beimmunekansas

Since the introduction of HPV immunization in 2006, the rate of cervical precancers caused by HPV has dropped dramatically for immunized women. Learn who should get the HPV vaccine and when here: <http://bit.ly/3wjbQL7> #hpv #beimmunekansas

**Meningitis:**

Did you know college students in dorms or shared apartments are at higher risk for meningitis? Fortunately, it’s preventable with immunization. Visit [beimmunekansas.org](https://beimmunekansas.org/) and talk to your primary care provider or student health center today. #meningitis #beimmunekansas

Meningitis can be very serious, even deadly. Two types of immunizations are highly effective in preventing meningococcal disease - please discuss both options with your teen's primary care provider today. <https://bit.ly/3GXXkO0> #meningitis #meningococcal #beimmunekansas

**Pneumonia:**

Pneumonia can be very serious, especially in older adults. If you are age 65 or older, have you had your pneumonia vaccine? Learn more about immunizations recommended for older adults: <http://bit.ly/3WnOfn3> #pneumonia #beimmunekansas

It’s never too late or too early to feel the freedom of good health. Talk to your primary care provider about routine immunizations for preventable illnesses like pneumonia, influenza, shingles and more. <http://bit.ly/3H9py9N> #influenza #pneumonia #beimmunekansas

**COVID-19:**

COVID-19 is just one of many illnesses prevented by safe and effective immunizations. Have you had your shots and boosters yet? Now approved for ages 6 months and older – learn more at [beimmunekansas.org](https://beimmunekansas.org/) #covid19 #beimmunekansas

The COVID-19 vaccine is safe and effective for most people ages 6 months and older. Talk to your family’s doctor about immunizations and boosters today. Learn more at [beimmunekansas.org](https://beimmunekansas.org/) #covid19 #beimmunekansas

**General Immunization:**

Immunization is a safe, effective way to protect yourself and others from potentially serious – but quite preventable – illnesses. Talk to your doctor to make sure you’re up to date. Visit [beimmunekansas.org](http://www.beimmunekansas.org/) to take a free online assessment. #beimmunekansas

Did you know there are safe immunizations for nearly two dozen potentially life-threatening diseases, helping people across the globe live healthier and happier lives? Learn more about safe, reliable immunizations: <https://bit.ly/3QO1vAd> #beimmunekansas