



# COVID-19 Vaccine Social Media Toolkit

*Messages for Getting the COVID-19 Vaccine*

## COVID-19 Vaccine Social Media

The messages provided within this toolkit are for use on social media platforms along with any images from the [COVID-19 Vaccine Toolkit](#) and the [COVID-19 Toolkit](#).

These messages can be tailored for your organization or facility as needed. For more information on the Coronavirus or the COVID-19 Vaccine, please visit:

- [www.health.mil/COVIDVaccine](http://www.health.mil/COVIDVaccine)
- [www.health.mil/coronavirus](http://www.health.mil/coronavirus)
- [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus)

Hashtags:

#COVID19, #coronavirus, #COVID19pandemic, #InThisTogether, #WearAMask, #GetVaccinated, #OperationWarpSpeed, #OWS, #COVIDVaccine, #MHSVaccine

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## *Messages for Getting the COVID-19 Vaccine*

### PREVENTING COVID-19

#### **Digital Resources:**

A variety of digital resources are available in the [COVID-19 Toolkit](#) on Health.mil.

#### **Messages:**

- Visit [www.health.mil/coronavirus](http://www.health.mil/coronavirus) for @DeptofDefense guidance for military commanders to help mitigate the risk of #COVID19 infection spreading to U.S. forces stationed around the world and to protect Service members, DoD civilian employees, contractors and family members.
- There is ongoing investigation to understand #COVID19. The outbreak is rapidly evolving and information is updated daily. Follow @CDC/@CDCgov for real-time updates and visit [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus) for updates from the Military Health System. #coronavirus
- Rumors can travel faster than truth. Help us spread the right information during the #COVID19Pandemic by visiting the @FEMA #Coronavirus Rumor Control webpage: <https://www.fema.gov/coronavirus-rumor-control>
- Rumors can easily circulate within communities during a crisis, and we can stop the spread of disinformation by always choosing trusted sources of information. Help us spread facts, not rumors: <https://go.usa.gov/xvYMf> #COVID19 #coronavirus
- Got questions about #COVID19? Visit [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus) for information and guidance for @TRICARE beneficiaries and providers. #coronavirus
- Stay current on the latest updates from @TRICARE about #COVID19. Sign up for email updates: [https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new?topic\\_id=USMHSTMA\\_369](https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new?topic_id=USMHSTMA_369)
- Washing your hands can prevent the spread of germs that cause viruses like the #flu and #COVID19. Get tips on how and when to wash your hands, according to [@CDC/CDCgov]: <https://go.usa.gov/xdsV5>
- While #flu activity usually peaks between December and February, it can last as late as May, according to @CDC/CDCGov. Good hand hygiene can help prevent the spread of germs that cause viruses like the #flu and #COVID19. Learn how and when you should wash your hands: <https://go.usa.gov/xdsVB>
- Prevent the spread of respiratory illnesses like #COVID19, also known as the #Coronavirus. Outbreaks of the virus continue. Don't panic. Follow these actions from the [@CDC/CDCGov]: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
- Diseases, #COVID19 included, can make anyone sick regardless of their race or ethnicity. Learn more about the proactive measures you can take to protect your health: <https://go.usa.gov/xdMYb> #Coronavirus
- #COVID19 spreads through close contact between people and droplets of coughs or sneezes and when a person touches a surface with the virus on it and then touches their nose, mouth, or eyes. Stay informed: [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus) #Coronavirus
- If you're told you've been exposed to #COVID19, contact your local military clinic or hospital, your local health department, or the MHS Nurse Advice Line at 1-800-874-2273, Option 1 or online: <https://mhsnurseadvice.com>



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## Messages for Getting the COVID-19 Vaccine

- If you're at higher risk for serious illness from #COVID19, #Coronavirus, because of your age (65 and older), it's extra important to take actions to reduce your risk of getting sick with the disease. Get ready now: <https://go.usa.gov/xd68D>
- You're at higher risk for serious illness from #COVID19 if you have chronic medical conditions like diabetes, heart disease, and lung disease. Take these actions: <https://go.usa.gov/xd68D> #Coronavirus
- If you get sick with #COVID19, or you suspect you are infected, stay home except to get medical care, separate yourself from others and monitor your symptoms. Learn more: <https://go.usa.gov/xd68A> #Coronavirus
- If you get sick or suspect you are sick with #COVID19, don't panic! Call the MHS Nurse Advice Line. Take these actions if you feel sick: <https://go.usa.gov/xd69q> #Coronavirus
- If you're expecting, there's no reason to avoid going to your regular appointments or to a facility for your labor and delivery. Protocols are in place to mitigate the risk of #COVID19 transmission within health care facilities. #Coronavirus
- Planning a trip? Get familiar with current @DeptofDefense travel restrictions at [www.health.mil/coronavirus](http://www.health.mil/coronavirus) and with the @TRICARE rules for getting care when traveling, which depend on your TRICARE health plan and destination: <https://www.tricare.mil/FindDoctor/Traveling>
- What should you do if exposed to #COVID19 and show symptoms? Don't just walk into your military or civilian hospital or clinic. Call the MHS Nurse Advice Line or your provider first: <https://mhsnurseadvice.com> #Coronavirus
- If you think you have been exposed to #COVID19, please call before you see a provider so we can protect you, other patients, and medical staff from unnecessary exposure to COVID-19. Call the MHS Nurse Advice Line: <https://mhsnurseadvice.com> #Coronavirus
- Planning a trip? Check out the @CDC/@CDCgov's guidelines for travelers before you go: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Health Care Professionals: You can minimize your risk of exposure to #COVID19 by following @CDC/@CDCgov infection prevention and control guidelines that include the use of personal protective equipment: <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>

### CLOTH FACE COVERINGS

#### **Digital resources:**

Graphic: [Do Your Part .gif](#)

Graphic: [Wear This – Not This, Bandanna](#)

Graphic: [Wear This – Not This, Cloth Covering](#)

Graphic: [Wear This – Not This, Disposable Covering](#)

Graphic: [Wear This – Not This, Regulation Covering](#)

Graphic: [Wear This – Not This, Face Shield](#)

Graphic: [Communicating with the Hearing Impaired](#)

Graphic: [Face Mask Do's and Don'ts](#)

Graphic: [Face Masks for Kids](#)



# COVID-19 Vaccine Social Media Toolkit

## *Messages for Getting the COVID-19 Vaccine*

### **Messages:**

- @CDC/@CDCgov recommends that you wear masks in public settings around people who don't live in your household and when you can't maintain 6 feet of social distancing. Masks help stop the spread of #COVID19 to others. <https://go.usa.gov/xGsQr>
- #DYK? Face shields are not recommended by @CDC/@CDCgov to stop the spread of #COVID19. The #CDC recommends cloth face coverings with two or more layers: <https://go.usa.gov/xGsQr>
- Are you using the right face mask to stop the spread of #COVID19? @CDC/@CDCgov recommends masks with two or more layers that cover securely over your mouth and nose: <https://go.usa.gov/xGsQr>
- For the best protection against #COVID19, wash your hands before putting on your face mask and remember not to touch it while wearing it. Always wash your mask after using it and wash your hands after handling a used mask: <https://go.usa.gov/xGsQr>
- Do you wear glasses? Finding a face mask that fits closely over your nose or a mask with a nose wire can limit fogging. Learn more: <https://go.usa.gov/xG5Xu> #COVID19
- Knowing the ins and outs of face masks can help keep you and others safe! Follow these tips, and learn more: <https://go.usa.gov/xG5Xu> #COVID19
- If you have children, selecting the right face mask is important to keep them safe. Follow this short guide, and learn more: <https://go.usa.gov/xG5Xu> #COVID19
- Make sure your child's face mask fits snugly over your child's nose and mouth. Follow these tips, and learn more: <https://go.usa.gov/xG5Xu> #COVID19
- Face masks help in the fight against #COVID19, but are a challenge for patients with hearing loss by reducing sound transmission and preventing lip reading. Here are ways to help with communication. Check with your facility to order these materials: <https://hearing.health.mil>
- #DYK? Face coverings with a plastic valve embedded in the fabric may prevent pathogens from entering, but not from leaving when you exhale. If you wear a face covering with a valve, you may be putting others at risk for the spread of #COVID19. <https://go.usa.gov/xfbs5>
- Don't accidentally put others at risk! Use an appropriate face covering in a public setting and especially when you'll come into close contact with others: <https://go.usa.gov/xfbs5>
- You can help reduce the spread of #COVID19 by wearing a cloth face coverings and practicing preventive measures, including social distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces: <https://go.usa.gov/xfbs5>
- Cloth face coverings are most likely to reduce the spread of #COVID19 when they are widely used by people in public settings. Do your part to help slow the spread. <https://go.usa.gov/xfbs5>
- Understand @DeptofDefense's guidance for use of face cloth coverings on DoD property, installations and facilities when six feet social distancing cannot be maintained: [www.health.mil/coronavirus](http://www.health.mil/coronavirus)
- Evidence shows that some people may transmit #COVID19 infection without showing symptoms. The @CDC/@CDCgov now recommends use of cloth face coverings in public settings where it's difficult to maintain proper social distancing as a voluntary measure: <https://go.usa.gov/xv2A2>



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## Messages for Getting the COVID-19 Vaccine

- Six-foot social distancing is crucial to slow the spread of #COVID19. When social distancing can't be maintained, use a simple cloth face covering in public places, even if you don't have symptoms. Learn about @CDC/@CDCgov's recommendations: <https://go.usa.gov/xv2A2>
- @CDC/@CDCgov recommends use of cloth face coverings when in public areas to prevent community spread of #COVID19. These are NOT surgical masks or N-95 respirators—these critical supplies should be reserved for first responders and healthcare workers: <https://go.usa.gov/xv2A2>
- We can all do our part to slow the spread of #COVID19:
  - Stay home except for essential travel
  - Maintain social distancing—6 feet in public areas
  - Wear a simple cloth face cloth in public areasFor more information: [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus)

### HAND SANITIZER

#### **Digital Resources:**

Graphic: [Hand Sanitizer-Parent and Child](#)

Graphic: [Hand Sanitizer with Methanol](#)

#### **Messages:**

- If you're unable to wash your hands for at least 20 seconds with soap and water, an alcohol-based hand sanitizer with at least 60% alcohol is the next best weapon against the spread of #COVID19. <https://go.usa.gov/xfRtA>
- It's hot outside! With increasing temperatures, don't leave your hand sanitizer in your cars or outside. Hand sanitizer should be stored below 105 degrees F. <https://go.usa.gov/xfRtA>
- While hand sanitizer is dangerous if ingested by children, there's no need to be alarmed if your children eat with or lick their hands after applying hand sanitizer. <https://go.usa.gov/xfRtA>
- Avoid hand sanitizers that contain methanol (wood alcohol). Methanol can cause serious side effects when absorbed through the skin and may cause blindness or death if swallowed. See the @FDAgov's full list of hand sanitizers that contain methanol: <https://go.usa.gov/xfRzW>
- Think you know everything there is to know about hand sanitizers? Take the @FDAgov's quiz to test your knowledge now: <https://www.accessdata.fda.gov/cder/sanitizer/>

### TELEWORKING & SELF-CARE

#### **Digital Resources:**

Graphic: [Teleworking, the New Normal](#)

Graphic: [Stand Up](#)

Graphic: [Breathe Easy](#)

Graphic: [Connect with Others](#)

Graphic: [Disconnect with the Day is Over](#)

Graphic: [Eat Healthy](#)



# COVID-19 Vaccine Social Media Toolkit

## Messages for Getting the COVID-19 Vaccine

Graphic: [Exercise](#)

Graphic: [Get a Good Night's Sleep](#)

Graphic: [Get Out in the Sun](#)

- Isolation and social distancing in response to #COVID19 can be mentally exhausting, but frequent breaks and regular exercise can help. Get up and move around – it's good for your body and mind! <https://go.usa.gov/xvbkD>
- Being active outdoors and soaking in the sun during the #COVID19Pandemic can improve your overall health and wellness, but take precautions. Use sunscreen with SPF of 15 or higher and don't forget your bug repellent! <https://go.usa.gov/xvbkV>
- Hiking, fishing, a walk in the park—these are all approved activities for social distancing during the #COVID19Pandemic. Remember to apply bug repellent to protect yourself from ticks, mosquitoes and other biting insects that could spread other diseases. <https://go.usa.gov/xvbkE>
- Make time to unwind and take care of your body with well-balanced meals and regular exercise during the #COVID19Pandemic. Finding activities you enjoy can take your mind off the daily news and help you relax: <https://go.usa.gov/xvb8X>
- How do you unwind? Share your tips for getting through each day during the #COVID19Pandemic. We're all in this together!
- As we're completely focused on social distancing and cloth face-coverings in outdoor, public areas, don't forget about other preventive measures like sunscreen, bug repellent and staying hydrated to stay healthy: [www.health.mil/summersafety](http://www.health.mil/summersafety). #COVID19 #coronavirus
- Spending more time exercising and enjoying the great outdoors? Your body needs more water in when you're exercising and it can also help you stay alert throughout the day. Don't forget to hydrate to keep healthy: <https://go.usa.gov/xvb8k> #COVID19
- Spending more time at home and online during the #COVID19Pandemic could result in different sleep patterns. Practice sleep hygiene to get a better night's sleep. <https://go.usa.gov/xvb8M>
- Finding the right balance for you is the key to your health during the #COVID19Pandemic. Make time to take care of your overall health – body, mind and spirit. <https://go.usa.gov/xvb8x>

### TRAVELING

#### **Digital Resources:**

Graphic: [Anticipate Your Travel Needs](#)

Graphic: [Public Restrooms](#)

Graphic: [Air Travel](#)

#### **Messages:**

- Holiday season is travel season. If you're planning a trip, make sure you know the @DeptofDefense's travel restrictions, the @CDC/@CDCgov's travel recommendations and the spread of #COVID19 where you're traveling. <https://go.usa.gov/xwCC9>



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## Messages for Getting the COVID-19 Vaccine

- #DYK? As an additional public health measure during the #COVID19Pandemic, @CDC/@CDCgov recommends that everyone wear a cloth face covering over their nose and mouth when in the community setting, including during travel. <https://go.usa.gov/xwCC9>
- Any type of travel increases your chances of getting and spreading #COVID19. Before you travel, see if the virus is spreading in your local area or where you're going. And remember, if you're at a higher risk for infection, take additional precautions. <https://go.usa.gov/xwCC9>
- According to the @CDC/@CDCgov, most viruses don't spread easily on an airplane due to how the air circulates and because it's filtered. While the risk of #COVID19 infection is low, avoid contact with sick people and practice preventive measures when flying. <https://go.usa.gov/xwCC9>
- #COVID19 cases have been reported in all 50 states. If you travel, protect yourself and others during your trip. Practice social distancing, wear a cloth face covering and wash your hands often. Anticipate your needs for the duration of your trip. <https://go.usa.gov/xwCYy>
- During the #COVID19Pandemic, @CDC/@CDCgov recommends that travelers avoid all nonessential travel, especially internationally. Some countries have restrictions – be sure to check your destination before you go. <https://go.usa.gov/xwCC9>
- Taking a trip? Remember that routine care is not authorized when traveling. If you need urgent care when traveling, contact the Nurse Advice Line first: [www.MHSNurseAdviceLine.com](http://www.MHSNurseAdviceLine.com). If you think you've been exposed to #COVID19 and are showing symptoms, please let them know.
- You may opt out of a traditional holiday travel this year, but if you do take a trip, remember to practice the same preventive measure you do every day – wash your hands often, practice social distancing and wear a cloth face covering. Get more tips: <https://go.usa.gov/xwCC9>
- You may opt out of a traditional holiday travel this year, but if you do take a trip, remember to practice the same preventive measure you do every day:
  - Avoid contact with sick people
  - Avoid touching your eyes, nose or mouth with unwashed hands
  - Wash your hands often for 20 seconds or use hand sanitizer
  - Practice social distancing
  - Wear a cloth face covering when social distancing cannot be maintained
  - Stay up-to-date with your recommended vaccines

Get more tips: <https://go.usa.gov/xwCC9>

### COVID-19 SYMPTOMS

#### **Digital Resources:**

Graphic: [Updated COVID Symptoms](#)

Graphic: [Symptoms of Coronavirus or Something Else?](#)

#### **Messages:**

- People with #COVID19 have a wide range of symptoms ranging from mild to severe illness, which may appear 2-14 days after exposure. To learn more, visit: <https://go.usa.gov/xvVQY>



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## Messages for Getting the COVID-19 Vaccine

- #COVID19 symptoms may include a combination of cough and shortness of breath or difficulty breathing or at least two of these symptoms: fever, chills, shaking muscle pain, headache, sore throat or loss of taste or smell. <https://go.usa.gov/xvVQY>
- #COVID19 symptoms may vary from person to person, but if you are experiencing these warning signs, seek medical attention: difficulty breathing, pain or pressure in your chest, confusion or inability to arouse, bluish lips or face. <https://go.usa.gov/xvVQY>
- Know symptoms of #COVID19, also known as #Coronavirus, as it continues to spread in communities. If you've been exposed and you experience symptoms, don't panic. Call the MHS Nurse Advice Line or your doctor: <https://go.usa.gov/xd6j7>
- Do you know the symptoms of #COVID19? Understanding the symptoms is the first simple measure you take to protect yourself and your community. Learn more: <https://go.usa.gov/xdMY5> #Coronavirus
- According to the @CDC/CDCGov, people may show symptoms of #COVID19 within two to 14 days after exposure. To learn more, visit: <https://go.usa.gov/xdMrb> #Coronavirus
- The main symptoms of #COVID19 are fever, cough, and shortness of breath which can occur anywhere from 2-14 days after exposure. Other symptoms may include muscle pain, headache, chills, sore throat, and a new loss of taste or smell. <https://go.usa.gov/xvVVY>
- How severe is #COVID19? It ranges from very mild (with no reported symptoms) to severe. Older adults (65 years old and older), and people with severe underlying health problems are at higher risk. Learn more: [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus) #Coronavirus

### DOD CORONAVIRUS SYMPTOMS CHECKER

#### **Digital Resources:**

Graphic: [DoD Symptoms Tracker](#)

#### **Messages:**

- Use the @DeptofDefense #COVID19 Symptom Checker to assess your symptoms during the #COVID19Pandemic. While similar to other symptom checkers, this tool is uniquely tailored to the DoD community: [www.tricare.mil/symptomchecker](http://www.tricare.mil/symptomchecker)
- Do you think you've been exposed to #COVID19? Use the @DeptofDefense #COVID19 Symptom Checker. Answer some questions and get feedback and direction tailored for the DoD community including service members, families, civilians and contractors: [www.tricare.mil/symptomchecker](http://www.tricare.mil/symptomchecker)
- If you used the @DeptofDefense #COVID19 Symptom Checker and it advised you to seek emergency care, call 911 or visit your nearest emergency room. Remember to tell the 911 dispatcher that you may have #COVID19 or let the emergency room know in advance, if possible: [www.tricare.mil/symptomchecker](http://www.tricare.mil/symptomchecker)
- Use the @DeptofDefense #COVID19 Symptom Checker to assess your symptoms during the #COVID19Pandemic. While similar to other symptom checkers, this tool is uniquely tailored to the DoD community: [www.tricare.mil/symptomchecker](http://www.tricare.mil/symptomchecker)
- If this tool indicates you have #coronavirus symptoms, take of these next steps:



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## Messages for Getting the COVID-19 Vaccine

- Call the Nurse Advice Line at 1-800-TRICARE, Option 1
- Contact your provider via phone or secure message
- Call the appointment line at your military hospital or clinic
- Schedule an appointment online through the TRICARE Online or MHS GENESIS Patient Portal

### CDC CORONAVIRUS SYMPTOM CHECKER

(Only Available in the U.S.)

#### Messages:

- #COVID19 symptoms may range from mild to severe. Think you may have been exposed? Check out @CDC/@CDCgov's new #Coronavirus Self-Checker: <https://go.usa.gov/xdSnq>
- Not sure if you should seek medical care? The @CDC/@CDCgov's #Coronavirus Self-Checker is a guide to help you make decisions and seek appropriate medical care: <https://go.usa.gov/xdSnq>
- #COVID19 symptoms may appear 2-14 days after exposure and may include fever, cough and shortness of breath. For peace of mind before you call, visit @CDC/@CDCgov's #Coronavirus Self-Checker: <https://go.usa.gov/xdSnq>

### GET THE COVID-19 VACCINE

#### Digital Resources:

- Graphics: [How Many Doses?](#)
- Graphics: [COVID-19 Vax Facts](#)
- Graphics: [Is it Your Time to Get the Vaccine?](#)
- Graphics: [Are You at High Risk?](#)
- Graphics: [Get the COVID-19 Vaccine](#)
- Graphics: [Prevent COVID-19](#)
- Graphics: [Symptoms of COVID-19](#)

#### Messages:

### VACCINE DISTRIBUTION

- Help is on the way! The @DeptofDefense aims to deliver safe and effective vaccines with the first supply already delivered to #MTFs around the world. Supplies will increase over time, and all adults should be able to #getvaccinated later in 2021. [www.health.mil/COVIDVaccine](http://www.health.mil/COVIDVaccine) #MHSVaccine
- While @US\_FDA has authorized the use of Pfizer and Moderna #COVID19 vaccines in the United States, there is limited supply. This means that not everyone will be able to be vaccinated right away. <https://go.usa.gov/x7EFA>
- There is limited supply of #COVID19 vaccine. However, it is important that the initial supplies of vaccine are given to people in a fair, ethical, and transparent way. Learn how @CDCgov is making COVID-19 vaccine recommendations. <https://go.usa.gov/x7FqX>



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## *Messages for Getting the COVID-19 Vaccine*

- With the limited supply of #COVID19vaccine available, @DeptofDefense will follow the @CDCgov 's prioritization guidelines for distribution. Talk to your provider or local MTF for more details about when the vaccine will become available. [www.health.mil/COVIDVaccine](http://www.health.mil/COVIDVaccine) #MHSVaccine
- Great News! @DeptofDefense is expecting to receive enough #COVID19 vaccine for all DoD beneficiaries. Talk to your provider or local #MTF for more details about when the vaccine will become available. [www.health.mil/COVIDVaccine](http://www.health.mil/COVIDVaccine) #getvaccinated #MHSVaccine
- #ServiceMembers are encouraged to #getvaccinated as it becomes available at your location. Talk to your provider or local #MTF about #COVID19 vaccine availability.
- While the initial supply of #COVID19 vaccine will largely be given to designated populations as recommended by the @CDCgov, such as #healthcare personnel, #essentialworkers, and those at #highrisk for severe disease, supply will increase over time, and all adults should be able to #getvaccinated later in 2021. Until the CDC recommends otherwise, remember to practice the same preventive measures you do every day:
  - Avoid contact with sick people
  - Avoid touching your eyes, nose, or mouth with unwashed hands
  - Wash your hands often for 20 seconds or use hand sanitizer
  - Practice physical distancing
  - Wear a cloth face covering when social distancing cannot be maintained
  - Stay up-to-date with your recommended vaccines.
- .@DeptofDefense's phase-driven vaccine distribution process aims to safely protect personnel from #COVID19 as quickly as possible. <https://go.usa.gov/xA3By>
- #DYK? You can get the #COVID19vaccine at civilian pharmacies at no charge. Contact a @TRICARE network pharmacy near you. Visit: <https://militaryrx.express-scripts.com/find-pharmacy>.
- .@TRICARE beneficiaries can get the #COVID19vaccine at no charge from any non-network pharmacy. For more information, visit: [www.tricare.mil/nonnetworkpharmacy](http://www.tricare.mil/nonnetworkpharmacy).

### VACCINE SAFETY, EFFICACY, & CONFIDENCE

- The @US\_FDA has authorized the use of #COVID19 vaccine after careful and rigorous testing and trials. Talk to your healthcare provider about receiving the #COVID19vaccine. [www.health.mil/COVIDVaccine](http://www.health.mil/COVIDVaccine) #getvaccinated
- #DYK? Vaccines are among the most important accomplishments in medicine. They saved more lives around the world than any other medical invention, including antibiotics or surgery. Only clean water has saved more lives than vaccines. #getvaccinated #COVID19
- Early #COVID19 vaccines will be given in two doses. Vaccines from different manufacturers will NOT be interchangeable. Vaccinee must receive both doses from the same manufacturer. Talk to your provider to ensure you get the right dose at the right time. #getvaccinated #knowyourvaccine <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html>



# COVID-19 Vaccine Social Media Toolkit

## *Messages for Getting the COVID-19 Vaccine*

- Current #COVID19 vaccine candidates need two shots to be effective. Make arrangements with your #healthcare provider to stay on schedule and ensure you get the right vaccine from the same manufacturer for both doses. #getvaccinated <https://go.usa.gov/x7EF>
- Are you in need of immunizations or have you recently received vaccines not related to #COVID19? Be sure to tell your provider so they can determine when you can safely receive the #COVID19vaccine. #getvaccinated
- Although most people who have #COVID19 have mild symptoms, COVID-19 can also cause severe illness and even death. Talk to your provider about preventing the risks of COVID-19 and #getvaccinated.
- #DYK? Older adults and people who have certain underlying medical conditions are at increased risk of severe illness or death due to #COVID19. Protect yourself and those you care about by getting the COVID-19 vaccine. #getvaccinated
- According to @CDCgov, rates of #COVID19 remain high across all regions of the US. Help slow the spread:
  - Wash your hands or use hand sanitizer.
  - Practice physical distancing and stay at least 6 feet apart.
  - Wear a cloth face covering.
  - #Getvaccinated!
- The U.S. achieved monumental success with the accelerated development of #COVID19 vaccines without compromising safety, scientific, or ethical integrity. To gain access to the latest vaccine information, visit: <https://go.usa.gov/x7ehZ>
- @DeptofDefense has full confidence in the safety and efficacy of vaccines and transparency in the latest vaccine information. To learn more, visit: <https://go.usa.gov/x7ehZ>
- #knowyourvaccine: The vaccine may have value in protecting people who have already had the disease. Talk to your provider if you have been previously infected with #COVID19.
- The #MHS has full confidence in the safety and effectiveness of vaccines. We encourage everyone to #getvaccinated and stay up-to-date with all vaccines including the flu! #knowyourvaccine #COVID19 <https://go.usa.gov/x7ehZ>
- #GetVaccinated and help stop the spread of vaccine-preventable diseases. [www.health.mil/Vaccines](http://www.health.mil/Vaccines) #COVID19 #coronavirus
- #DYK? Drugs and vaccines have to be approved by the @US\_FDA to ensure that only safe and effective products are available to the American public. During public health emergencies, when there is good scientific reason to believe that a product is safe and is likely to treat or prevent disease, the FDA may authorize its use through an Emergency Use Authorization (EUA). FDA pre-licensure approval is considered for treatment or prevention of diseases that are very serious. Learn more about EUAs: <https://www.youtube.com/watch?v=iGkwaESsGBQ>. #knowyourvaccine #coronavirus #COVID19
- Emergency Use Authorizations (EUAs) are one of several tools the @US\_FDA is using to help make important medical products available quickly during the COVID-19 pandemic. Learn more about EUAs: <https://www.youtube.com/watch?v=iGkwaESsGBQ>.



# COVID-19 Vaccine Social Media Toolkit

## *Messages for Getting the COVID-19 Vaccine*

- Stopping a pandemic requires using all of the tools available. #Vaccines, masks, and physical distancing, when used together, offer the best protection from #COVID19.  
<https://go.usa.gov/x7m3y>
- You're vaccinated. Now what? Preventive measures should now be the new normal to help stop the spread of infectious diseases and maintain a healthy lifestyle. <https://go.usa.gov/x7EFA>  
#getvaccinated
- Global and national public health authorities recommend wearing masks and practicing physical distancing, for everyone, until pandemic risk of #COVID19 is substantially reduced.  
<https://go.usa.gov/x7EFA> #getvaccinated
- #COVID19 spreads easily from person to person, mainly between people who are physically near to one another (within 6 ft) or have direct contact and through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings, or talks. #GetVaccinated and reduce the risks of spreading the virus. <https://go.usa.gov/x7mcs>
- The risk for severe illness and death from #COVID19 increases with age. #GetVaccinated!  
<https://go.usa.gov/x7mc2>
- Adults of any age with certain conditions are at increased risk of severe illness from #COVID19.  
<https://go.usa.gov/x7mcB>
- #FACT: COVID-19 vaccines will not give you #COVID19. Find out more here:  
<https://go.usa.gov/xA3BE>
- #FACT: COVID-19 vaccines will not cause you to test positive on #COVID19 viral tests. Read more: <https://go.usa.gov/xA3BE>
- #FACT: People who have gotten sick with #COVID19 may still benefit from getting vaccinated. Learn more about the facts here: <https://go.usa.gov/xA3BE>
- #FACT: Getting vaccinated can help prevent getting sick with #COVID19. Learn more facts by visiting: <https://go.usa.gov/xA3BE>
- #FACT: Receiving an mRNA vaccine will not alter your DNA. Get more facts here:  
<https://go.usa.gov/xA3BE>
- #Safety is a top priority when it comes to the vaccines. Learn how federal partners are working together to ensure the safety of the #COVID19vaccine: <https://go.usa.gov/xA3Bm>
- #DYK? Vaccines fight disease by producing an immune response within the body. Flu-like symptoms, such as aches, headache and fever are normal signs that your body is creating antibodies to protect you. Learn more about #COVID-19 vaccines by visiting:  
<https://go.usa.gov/xA3BV>
- While the #COVID19 vaccine will be offered on a voluntary basis, priority populations are highly encouraged to #getvaccinated. [www.health.mil/COVIDVaccine](http://www.health.mil/COVIDVaccine) #MHSVaccine
- Development of the #COVID19vaccine followed a very strict scientific and regulatory process. @US\_FDA's approval came after data showed the vaccine's:
  - ✓ Safety for use following clinical trials of thousands of people,
  - ✓ Efficacy for preventing the disease,
  - ✓ And ability to be manufactured at a high quality, safely and consistently.Learn more: <https://www.cdc.gov/vaccines/basics/test-approve.html>



# COVID-19 Vaccine Social Media Toolkit

## *Messages for Getting the COVID-19 Vaccine*

- .@MilitaryHealth is responsible for the administration of the #COVID19 vaccine to approximately 11.1 million #DoD beneficiaries. For images, videos, news, and more on our distribution efforts, visit: <https://www.dvidshub.net/feature/MHSVaccine> #MHSVaccine
- #KnowYourVaccine: mRNA vaccines take advantage of the process that cells use to make proteins in order to trigger an immune response. Like all vaccines, #COVID19 mRNA vaccines have been rigorously tested for safety before being authorized for use in the US. Learn more: <https://go.usa.gov/xs2bD>
- #KnowYourVaccine: Pfizer-BioNTech mRNA #COVID19vaccine is a lipid nanoparticle-formulated mRNA vaccine. While mRNA technology is new, it's not unknown and has been studied for over a decade. Learn more: <https://go.usa.gov/xs2bD>
- Are you currently infected with #COVID19? It is recommended that you defer vaccination from the virus until you are recovered and meet the criteria to discontinue isolation. <https://go.usa.gov/xs2bB>
- Have you previously been infected with #COVID19? Current evidence suggests reinfection is uncommon in the 90 days after initial infection. Thus, persons with documented acute infection in the preceding 90 days may defer vaccination until the end of this period. <https://go.usa.gov/xs2bB>
- #DYK that the #COVID19vaccine is offered at no cost? However, depending on your plan, there may be a cost associated with an office visit. For more information, visit: [www.tricare.mil/COVIDVaccine](http://www.tricare.mil/COVIDVaccine)
- Wondering where you can get the #COVID19vaccine? When more supply becomes available, you'll be able to visit your local #MTF, or @TRICARE network providers or pharmacies, to #getvaccinated. [www.tricare.mil/COVIDVaccine](http://www.tricare.mil/COVIDVaccine)

### PEOPLE WITH CERTAIN MEDICAL CONDITIONS

- Adults of any age with certain underlying medical conditions are at increased risk for severe illness from the virus that causes #COVID19. Know your risks and talk to your health care provider about receiving the vaccine. Visit: <https://go.usa.gov/xAAzw>
- Adults of any age with certain underlying medical conditions are at increased risk for severe illness from the virus that causes #COVID19. Severe illness from COVID-19 is defined as hospitalization, admission to the ICU, intubation or mechanical ventilation, or death. Know your risks and talk to your health care provider about receiving the vaccine. For more information on underlying conditions, visit: <https://go.usa.gov/xAAzw>
- You might be at increased risk for severe illness from #COVID19 if have a medical condition such as asthma, high blood pressure, Type 1 diabetes, and more. Know your risks and talk to your health care provider about receiving the vaccine. For more information on underlying conditions, visit: <https://go.usa.gov/xAAzw>
- Are you at increased risk of getting #COVID19 due to an underlying medical condition? You can reduce your risk by limiting your interactions with others and taking precautions when you do. Learn more by visiting: <https://go.usa.gov/xAAzw>



# COVID-19 Vaccine Social Media Toolkit

## *Messages for Getting the COVID-19 Vaccine*

- If you have any underlying medical conditions, you should continue your treatment plan during the #COVID19 pandemic. Talk to your health care provider with any concerns and learn about the benefits of getting vaccinated. Learn more by visiting: <https://go.usa.gov/xAAzw>

### HEALTH CARE PROFESSIONALS

- #HealthCare Providers: Communicate! Communicate! Communicate! Improve confidence and public trust in vaccines among at-risk groups and provide clear information about #vaccination and the critical role it plays in protecting the public. For more info: [www.health.mil/Vaccines](http://www.health.mil/Vaccines) #COVID-19
- #Healthcare Providers: Be prepared to provide comprehensive vaccine information. Patients want clear and consistent information about vaccines. Your recommendation is the single most important factor in determining whether or not someone gets vaccinated. <https://www.cdc.gov/vaccines/hcp/admin/educating-patients.html>
- #Healthcare Professionals: You play a critical role in educating vaccine recipients about the importance of #COVID19 vaccination. Find tools and tips for proven communication strategies by visiting: <https://www.cdc.gov/vaccines/covid-19/hcp/index.html>