

Living Well Stay Well – social media plan

Date	Graphic	Text
Wed 27 Nov	Photo and Press release issued	<p>The 'Stay well this winter' campaign will commence on 1st December 2024.</p> <p>The campaign aims to help the public prepare for the winter months by encouraging them to plan ahead and to take actions to protect their health and stay well.</p> <p>Find out more at</p> <p>#LivingWell #StayWell</p>
Sun 1 Dec @ 4pm	https://vimeo.com/1019725612/fd895385d0?share=copy	<p>The 'Stay well this winter' campaign aims to help the public prepare for the winter months by encouraging them to plan ahead and to take actions to protect their health and stay well.</p> <p>Find out more at</p> <p>#LivingWell #StayWell</p>
Mon 2 Dec @ 4pm	https://vimeo.com/1019725493/32ae7cd5d0?share=copy	<p>Stay well this winter</p> <p>Self-care is often the best choice to treat minor illnesses.</p> <p>Pharmacists are qualified to give advice about different health matters, including minor illnesses, so consider speaking to a pharmacist before going to your GP.</p>

		<p>Find out more at</p> <p>#LivingWell #StayWell #AMR</p>
<p>Mon 9 Dec @ 4pm</p>	 <p>The poster features a woman in a pharmacy setting. The text reads: 'Living well Stay well'. Below this, it says: 'If you are feeling unwell, antibiotics are not always needed. Speak to your GP or pharmacist for advice and only take antibiotics as prescribed.' A circular graphic contains the text 'HANDLE ANTIMICROBIALS WITH CARE'. At the bottom left is the HSC Public Health Agency logo.</p>	<p>Stay well this winter</p> <p>Self-care is often the best choice to treat minor illnesses.</p> <p>Pharmacists are qualified to give advice about different health matters, including minor illnesses, so consider speaking to a pharmacist before going to your GP.</p> <p>Find out more at</p> <p>#LivingWell #StayWell #AMR</p>

Thur 12 Dec @ 4pm

Living well Stay well

Look out for others such as older family members, friends or neighbours, who may need a bit of extra help during winter.

 HSC Public Health Agency



Stay well this winter

Look out for others such as older family members, friends or neighbours, who may need a bit of extra help during winter.

Find out more at

#LivingWell #StayWell

Mon 16 Dec @ 4pm

Living well Stay well

Washing hands with soap and water is one of the easiest ways to protect yourself and others from viruses this winter.

 HSC Public Health Agency



Stay well this winter

Washing your hands with soap and water is one of the easiest ways to protect yourself and others from catching many viruses.

Find out more at

#LivingWell #StayWell #WashYourHands

Mon 23 Dec @ 4pm



Stay well this winter

Self-care is often the best choice to treat minor illnesses.

Pharmacists are qualified to give advice about different health matters, including minor illnesses, so consider speaking to a pharmacist before going to your GP.

Find out more at

#LivingWell #StayWell

Mon 30 Dec @ 4pm



Stay well this winter

Pick up a leaflet in your local pharmacy



Stay well this winter

Pick up a leaflet in your local pharmacy to find out more.

Find out more at

#LivingWell #StayWell

Mon 6 Jan @ 4pm

Living well Stay well

Ask your pharmacist
if your eligible for
the free COVID-19
and flu vaccines.

 HSC Public Health
Agency



Stay well this winter

During winter a number of respiratory viruses circulate. Getting your flu and COVID-19 vaccines, if you are eligible, are two of the most important things you can do to protect yourself and others around you this winter.

www.nidirect.gov.uk/winter-vaccines

#LivingWell #StayWell #WinterVaccines

Mon 13 Jan @ 4pm

Living well Stay well

Keeping warm over winter months can prevent colds, flu and more serious health problems.

 Public Health Agency



Stay well this winter

It's important to keep warm in winter – both inside and outdoors.

Find out more at

#LivingWell #StayWell

Mon 20 Jan @ 4pm

Living well Stay well

Regular exercise can help improve your physical and mental health, reduce the risk of falls and can be beneficial for recovery if you do get ill.

 HSC Public Health Agency



Stay well this winter

Regular exercise can help improve your physical and mental health, reduce the risk of falls and can be beneficial for recovery if you do get ill.

Find out more at

#LivingWell #StayWell

Mon 27 Jan @ 4pm

<https://vimeo.com/1019725396/e224f07f80?share=copy>

Stay well this winter

During winter a number of respiratory viruses circulate. Getting your flu and COVID-19 vaccines, if you are eligible, are two of the most important things you can do to protect yourself and others around you this winter.

www.nidirect.gov.uk/winter-vaccines

#LivingWell #StayWell #WinterVaccines