

Living Well Stay Well – social media plan 2025

Date	Graphic	Text
Wed 1 Oct 2025	Photo and Press release issued	The 'Stay well this winter' campaign will commence on 1st October 2025. 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. Find out more at www.pha.site/staywell2025 #LivingWell #StayWell
Fri 3 Oct @ 4pm	https://vimeo.com/1019725612/fd895385d0?share=copy	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. Find out more at www.pha.site/Staywellthiswinter #LivingWell #StayWell
Wed 8 Oct @4pm	https://vimeo.com/1019725493/32ae7cd5d0?share=copy	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 #AMR
Wed 15 Oct @4pm	 The poster features a woman with long brown hair smiling. The background is a soft-focus image of a pharmacy shelf. A shield icon is positioned over the woman's chest. The text 'Living well Stay well' is at the top, and 'Ask your pharmacist if your eligible for the free COVID-19 and flu vaccines.' is in the middle. The HSC Public Health Agency logo is at the bottom left.	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

Wed 22 Oct @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
Wed 29 Oct @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
Fri 31 Oct @ 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
Wed 5 Nov @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

Fri 7 Nov @ 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
Wed 12 Nov @4pm	 You can help yourself stay well this winter Get your winter vaccines if you are eligible Speak to your pharmacist if you start to feel unwell Cover your nose and mouth when you cough or sneeze Wash your hands properly using warm water and soap Pick up a free <i>Stay well this winter</i> leaflet or speak to a member of the pharmacy team to find out more. HSC Public Health Agency	Stay well this winter Pick up a leaflet in your local pharmacy to find out more. Find out more at #LivingWell #StayWell
Wed 19 Nov @4pm		Stay well this winter

		World AMR Awareness Week (WAAW) runs from 18 Nov to 24 Nov. 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 #AMR
Wed 26 Nov @4pm		Stay well this winter It's important to keep warm in winter – both inside and outdoors. Find out more at #LivingWell #StayWell