

## 2025 United Against the Flu Winter Toolkit

This year, the American Hospital Association encourages our members to utilize our United Against the Flu toolkits to spread awareness on the availability of the vaccine for at-risk, vulnerable populations. Please feel free to use the sample social media posts and graphics below.

**Link:** <https://www.aha.org/ahia/promoting-healthy-communities/united-against-flu>

**Find A Vaccine Link:** <https://www.cdc.gov/vaccines-adults/recommended-vaccines/vaccine-planning.html>

**Graphics Folder:**

[https://drive.google.com/drive/folders/1p6AsUUses0XBv9pl5Bl3w\\_OSYOhxzO1s?usp=sharing](https://drive.google.com/drive/folders/1p6AsUUses0XBv9pl5Bl3w_OSYOhxzO1s?usp=sharing)

**Sample Social Posts:**

Flu season is here! Vulnerable communities, including elderly, immunocompromised and pregnant individuals can access the flu vaccine at their local hospitals and pharmacies starting now. Learn more: <link to flu website>

Flu is a contagious respiratory virus, and people with asthma, diabetes or heart disease are at a higher risk of developing serious flu symptoms. The vaccine is currently available at your local hospital or pharmacy. Find out more: <link>

Who falls into the high-risk population for developing serious flu complications? People who are:

- 65 years or older
- Immunocompromised
- Pregnant
- Children under the age of 5
- Individuals with a BMI 40 or higher
- Cancer patients

Find a vaccine location: <link>

With the holiday season coming up, individuals who may be at a higher risk of serious flu symptoms should consider getting a flu shot at their local hospital or pharmacy to prevent missing out on celebrations! <link>

The temperatures are chilly outside, which means spending more time indoors with your community. Take control of your own health by getting the flu vaccine to prevent serious complications, especially those that are high-risk populations. <link>

No one should have to spend the holidays in the hospital while dealing with serious flu symptoms. Schedule a flu vaccine today! <link>

### Graphics:

