Infectious Disease Outbreak – Pandemic Flu

Preparedness	Twitter	Facebook	Image (Instagram)
General Updates	Flu season is on the way – get vaccinated. Don't know where to go? Check below http://bit.ly/1fsXEER #EventHashtag The flu vaccine is the most effective way to prevent infection. Make sure to get yours this season #EventHashtag Worried about catching the flu this season? Stay up to date on all recent information at bit.ly/addurl #EventHashtag Make sure to wash hands with soap & water to help prevent illness. For more prevention info: http://1.usa.gov/1aJUIeK #EventHashtag If you are high risk for the flu this season, get vaccinated before the season begins. For more info http://1.usa.gov/1il3ape #EventHashtag Know your flu virus facts: http://bit.ly/1hW0RHu #EventHashtag	Don't forget to get your flu vaccination this season! It is the most effective way to prevent illness. After you get your vaccine, make sure to continue to wash your hands with soap and water to further protect against the spread of the virus. **Link**: PA DOH Twitter handle **Image**: Include maps of local pharmacies If you or a loved one is less than 2 years old, older than 65, pregnant, or have a chronic health problem, you are high risk for health complications from the flu. Make sure to get your flu vaccine early in the season to prevent getting sick. **Link**: http://www.cdc.gov/flu/pdf/freeresources/updated/treating_flu.pdf **Image**: Include maps of local pharmacies Worried about getting your flu vaccine? Learn about common misconceptions and know your flu vaccine facts. **Link**: http://www.cdc.gov/flu/about/qa/misconceptions.htm#misconception-consent **Image**: Link has a photo	**<Map of local pharmacies>**

	Know your flu vaccine facts. Visit http://1.usa.gov/1lcBp67 for common misconceptions #EventHashtag		
Traveling Information	If you are traveling, make sure to stay up to date on all vaccinations. Refer to your health care provider for more info #EventHashtag If you are traveling, check out health notices for info about disease and how to prepare for it http://1.usa.gov/1bEk7KV #EventHashtag Worried about getting sick on vacation? Check this site before traveling to help prevent illness: http://1.usa.gov/1bEk7KV #EventHashtag Travelers protect yourself: wash hands often, avoid sick people, and stay up-to-date on all vaccinations #EventHashtag	Are you traveling soon? Make sure to stay up to date on all of your vaccinations to protect against illness abroad. Refer to your doctor for more information. **Link**: bit.ly/addurl **Image**: Add photo of people on vacation Are you worried about getting sick while traveling or on vacation? Make sure to wash hands often, avoid sick people, and stay up to date on all your vaccinations. Check out the website below for health notices. **Link**: http://wwwnc.cdc.gov/travel/ **Image**: Add photo of people on vacation	

Response	Twitter	Facebook	Image

General Updates	FYI: We are using #EventHashtag for updates on the spread of **(Infectious Disease)**. We encourage everyone to do the same. What is **(Infectious Disease)**? For more information go to bit.ly/addurl The next update on #EventHashtag from **(PA DOH/governor)** will be at **XXX time/day**. Watch it here bit.ly/addurl Stay up to date on information about #EventHashtag on local TV news stations, radio stations, and trusted social media pages. Remember to also follow PA DOH on Facebook and Instagram for more info #EventHashtag **<link to Facebook page, Instagram username>** Only use 911 in emergencies. Use **XXX** for other requests #EventHashtag Follow **@(Insert DOH Twitter handle)** for updates on #EventHashtag Tweet your #EventHashtag questions in to **@(Insert DOH Twitter handle)** and we will do our best to answer them.	Watch the latest **(insert time)** press briefing on **(Infectious Disease)** from (PA DOH/Governor). The next update on **(Infectious Disease)** will take place at **(insert date/time),** so keep checking back for the latest information **Link**: addurl.gov **Image**: Include photo from press conference Have a Twitter account? If so, follow @(insert DOH Twitter name) for updates on the spread of **(Infectious Disease)** and what you can do to keep you and your family safe. Link: PA DOH Twitter page Image: Use PA DOH Twitter image Ask us your questions about **(infectious Disease)** by commenting on this post and we'll do our best to answer them. **Link**: addurl.gov **Image**: Include photo from press conference Stay up to date on information about **(infectious Disease)** by watching local TV news stations, radio stations, and trusted social media pages **Link**: addurl.gov	**<World map of outbreak>**

	Follow (insert Twitter handles of appropriate federal/state/local officials) for more important updates about **(Infectious Disease)**. #EventHashtag Text "Follow **@(insert DOH Twitter handle)** to 40404 to receive updates via text message #EventHashtag **(*If power is out, could link to YouTube video/website of local news station/PA DOH website with summary of key points from press conference)** **(*Tweet key messages from press conference)** **If you are using a message that references your agency specifically, personalize the message using "We" instead of the generic "Public Health Officials"** **Be sure to provide messages detailing the specific steps that your agency and your partners are taking to further investigate the incident.**	**Image**: Include photo of local news stations For important information and facts about **(infectious Disease)**, like this/these organization(s): (list organizations) **Link**: Organization(s) website **Image**: Include photo(s) of organizations **(*If power is out, could link to YouTube video/website of local news station/PA DOH website with summary of key points from press conference)** **(*Share key messages from press conference)** **If you are using a message that references your agency specifically, personalize the message using "We" instead of the generic "Public Health Officials"** **Be sure to provide messages detailing the specific steps that your agency and your partners are taking to further investigate the incident.**	

Outbreak status	PA DOH investigating outbreak of **(Infectious Disease)** in **XXX** counties. Cause still unknown – more at bit.ly/addurl #EventHashtag For concerns about flu in your area, check this map: http://1.usa.gov/1bfLoSv #EventHashtag **XX** cases of **(Infectious Disease)** reported to PA DOH since January 1-go to bit.ly/addurl for more information #EventHashtag **Retweet important messages from press conferences**	PA Department of Health is investigating an outbreak of **(infectious Disease)** in **XXX** counties. The cause is still unknown. Keep checking here for updates. **Link**: addurl.gov **Image**: Link needs a photo **XXX** cases of **(Infectious Disease)** have been reported to PA DOH since **(day/time)** in the following counties: **(list counties)** Link: addurl.gov **Image**: Include a map of PA with highlighted affected areas **Share important messages from press conferences** If you are concerned about the levels of flu in your area, check out this map of the country. It will show you the geographical spread of the virus. **Link**: http://www.cdc.gov/flu/weekly/usmap.htm **Image**: Link has a photo	**<Map of current disease status around the country>**
Signs and symptoms	Know the signs of **(Infectious Disease)** – **fatigue, fever, abdominal pain**, **(insert**	Know the signs of **(Infectious Disease)** – **fatigue, fever, abdominal pain**, **(insert relevant symptoms).** Know how to	

	relevant symptoms) bit.ly/addurl #EventHashtag Do you know how to distinguish symptoms of **XXX** from seasonal flu symptoms? Learn here: bit.ly/addurl #EventHashtag **Retweet important messages from CDC/WHO**	distinguish signs of **XXX** from seasonal flu? Check out this resource to learn more. **Link**: addurl.gov **Share important messages from CDC/WHO**	
Disease Transmission	Incubation period refers to the time after exposure when a person does not feel sick & shows no symptoms of disease #EventHashtag The incubation period for **(Infectious Disease)** is **XXX days**. Watch for symptoms bit.ly/addurl #EventHashtag **(Infectious Disease)** is able to survive in the environment for **XXX days**. Wash hands often bit.ly/addurl #EventHashtag **(Infectious Disease)** can live on surfaces like handrails and doorknobs for **XXX days**. Wash hands often #EventHashtag CDC suggests use of facemasks for people using public transportation/working in restaurants/entering hospitals bit.ly/addurl #EventHashtag	The incubation period is the time after exposure when a person does not feel sick and shows no symptoms of the disease. The incubation period for **(Infectious Disease)** is **XXX** days. Watch out for symptoms and avoid contact with sick people. **Link**: addurl.gov **(Infectious Disease)** can survive in the environment and live on surfaces like handrails, doorknobs, and counters for **XXX** days. Wash counters down and wash hands frequently. **Link**: addurl.gov CDC suggests the use of facemasks for all who use public transportation/work in restaurants/enter hospitals. Remember to wash hands often or use alcohol-based hand rub.	**<Image of person wearing facemask>**

	(WHO/CDC) suggesting use of facemasks. For more info bit.ly/addurl #EventHashtag **(Infectious Disease)** is spread by close contact, including living/caring for sick persons. Wash hands often/use facemasks #EventHashtag **(Infectious Disease)** spread by close contact, including living/caring for sick persons. Wash hands often bit.ly/addurl #EventHashtag **(Infectious Disease)** is spread through air. Wear proper facemasks/wash hands often bit.ly/addurl #EventHashtag Protect yourself from **(Infectious Disease)** by following these suggestions bit.ly/addurl #EventHashtag **Retweet important messages from CDC/WHO**	**Link**: addurl.gov **(Infectious Disease)** is spread by close contact, including living or caring for a sick person. Remember to wash your hands often and wear a facemask when caring for a sick person. **Link**: addurl.gov **(Infectious Disease)** is spread through the air. Wear facemasks properly to ensure protection. **Link**: addurl.gov **Image**: Photo of a facemask Here are some suggestions to help you and your family protect yourself from **(Infectious Disease)** **Link**: addurl.gov **Image**: Hand washing **Share important messages from CDC/WHO**	
What to do if Sick	Worried that you are sick? Learn how to find out and what to do if you are bit.ly/addurl #EventHashtag If you have symptoms of **(Infectious Disease)** **(list disease symptoms)** contact your doctor bit.ly/addurl #EventHashtag	Are you worried that you are sick? Want to know what to do if you are? Check out this resource below to learn more. **Link**: addurl.gov **Image**: Sick person	

	Call your health care provider for specific information if you are worried about your illness #EventHashtag If you are showing signs of **(Infectious Disease)**, your doctor will work with the PA Health Department to get you tested #EventHashtag If you have or are being evaluated for **(Infectious Disease)** follow these important steps to prevent spreading bit.ly/addurl #EventHashtag Have an appointment with a doctor? Make sure to wear a facemask bit.ly/addurl #EventHashtag Going to the doctor's office? Don't be afraid of the waiting room. Keep a distance of 6ft and wear a facemask bit.ly/addurl #EventHashtag If you have or are being tested for **(Infectious Disease)**, let doc know before an appointment so they can take steps to stop spreading #EventHashtag	Are you suffering from the following symptoms of **(Infectious Disease)**: (list disease symptoms)? Contact your doctor right away. **Link**: addurl.gov **Image**: Link needs a photo If you are showing signs of **(Infectious Disease)**, such as **(insert symptoms)**, call your doctor and tell the doctor where you have traveled. Your doctor will work with the Pennsylvania Health Department to get you tested. **Link**: addurl.gov **Image**: Sick Person Do you have an appointment with a doctor? Make sure to wear a facemask to prevent the spread of the disease. Don't have a facemask? Use a tissue to cover coughs and sneezes. **Link**: addurl.gov **Image**: Include a photo of a facemask Going to the doctor's office with a sick family member/friend? Don't be afraid of the waiting room. Keep a distance of 6ft from sick people and consider wearing a facemask. **Link**: addurl.gov **Image**: Doctor's office	

	For more info on everyday preventive actions to protect yourself from **(Infectious Disease)**: bit.ly/addurl #EventHashtag	If you have or are being evaluated for **(Infectious Disease)**, call your doctor's office before your appointment and let them know so that they can take steps to make sure the virus doesn't spread **Link**: addurl.gov **Image**: Doctor's office For more information on everyday preventive actions you can take to protect yourself from **(Infectious Disease)**, check out this resource: **Link**: addurl.gov **Image**: Hand washing	
Taking Care of Sick People At Home	Caring for a sick person? Follow these steps to help prevent getting sick yourself: bit.ly/addurl #EventHashtag Caring for a sick person? Follow these "Sick Room" rules to protect well family members http://1.usa.gov/1mdq3NA #EventHashtag Taking care of a sick loved one? Make sure to protect yourself by wearing a facemask and washing hands often. #EventHashtag If someone is sick, clean surfaces often that may be infected:	Are you caring for a sick loved one? There are things you can do to help ensure that you don't get sick as well. Check out the link below for more information. **Link**: addurl.gov **Image**: Sick person and caregiver Caring for a sick person? Follow these "Sick Room" rules to protect family members. Rules include avoiding visitors in the sick room and keeping the air in the sick room clean. For more information:	

	doorknobs/tables/sinks/toilets/counters/phones/toys #EventHashtag Caregivers: Clean surfaces using water and dish soap or common household cleaners that kill germs http://1.usa.gov/1lzgjis #EventHashtag Try to give a sick person their own room. Two sick people can share a room if necessary http://1.usa.gov/SazNzm #EventHashtag Caregivers: If you have more than one bathroom, have sick people use one bathroom & well people another http://1.usa.gov/SazNzm #EventHashtag Caring for sick person? Stock their room w/ tissues/water/humidifier/facemasks & give them their own drinking glass & towel #EventHashtag Caring for sick person? Keep sick people hydrated with water/clear fluid #EventHashtag Store medicines out of reach of children. Place medicines for sick adults in the sick room #EventHashtag	**Link**: http://www.cdc.gov/flu/homecare/sickroomrules.htm **Image**: Link has an image Caring for a sick loved one? If someone is sick in your home, make sure to protect yourself by wearing a facemask and washing your hands often. Clean surfaces (doorknobs/tables/sinks/toilets/counters/phones/toys) that may be infected with the virus with household cleaners. **Link**: http://www.cdc.gov/flu/homecare/cleansickroom.htm **Image**: Link includes a photo Caring for a sick loved one? Try to give sick people their own room in the house. Two people can share the same room if necessary. If you have more than one bathroom, have sick people use one bathroom and healthy people use another. **Link**: http://www.cdc.gov/flu/homecare/cleansickroom.htm **Image**: Bathroom	

	Call your doctor for correct dosing if your child is very small/very large for his/her age http://1.usa.gov/SaFc9L #EventHashtag If a sick person must leave the sick room for the bathroom or doctor visit, have them wear a facemask http://1.usa.gov/SazNzm #EventHashtag Caring for sick person but don't have facemasks at home? Use a tissue to cover coughs and sneezes #EventHashtag Caregivers: Wash bed sheets and towels with normal laundry soap and dry on a hot setting http://1.usa.gov/1lzgjis #EventHashtag Caregivers: Hold all dirty laundry away from face and body. Wash hands after handling dirty laundry http://1.usa.gov/1lzgjis #EventHashtag Caregivers: It's OK to wash a sick person's bedding or clothes with other people's laundry http://1.usa.gov/1lzgjis #EventHashtag	Caring for a sick loved one? Make sure the sick room is stocked with necessary items: tissues/water/humidifier/facemasks/alcohol-based hand rub/thermometer. For more info visit the link below. **Link**: http://www.cdc.gov/flu/homecare/sickroom.htm **Image**: Link includes a photo Caring for a sick loved one? Keep sick people hydrated with water/clear liquids. Give each sick person their own drinking glass, washcloth, and towel. **Link:** http://www.cdc.gov/flu/homecare/sickroom.htm **Image**: Link includes a photo Store medicines out of reach of children. If you have young children in the home, try to place medicines for adults in the sick room. Call your doctor for correct dosing if your child is very small/very large for his/her age. **Image**: Sick child Caring for a sick loved one? If a sick person must leave the room for the bathroom or for a doctor visit, have	

	Caregivers: Wash sick person's dishes with normal dish soap or place in the dishwasher http://1.usa.gov/1lzgjis #EventHashtag Caregivers: Avoid being face to face with a sick person. Limit the amount of time in close contact with them #EventHashtag Caregivers: When holding sick children, place their chin on your shoulder so they don't cough in your face #EventHashtag Caregivers: Wash hands often. Use alcohol-based hand rub if no soap is available #EventHashtag Caregivers: Check out these tips to prevent dehydration, which is a serious problem http://1.usa.gov/QkGQVb #EventHashtag Know when to call the doctor if your child/loved one is sick http://1.usa.gov/1ktK9DE #EventHashtag Caring for a loved one? You can treat a high fever without medicine http://1.usa.gov/1mZobvR #EventHashtag **Retweet important messages from CDC/WHO**	them wear a facemask. No facemasks at home? Use a tissue to cover coughs and sneezes, then throw away. **Image**: Sick person Caring for a sick person? Wash bed sheets and towels with normal laundry soap and dry on a hot setting. It's OK to wash a sick person's bedding/clothes with other people's laundry. Hold all dirty laundry away from face and body. Wash hands after handling dirty laundry. Wash a sick person's dishes with normal dish soap or place in the dishwasher. **Link**: http://www.cdc.gov/flu/homecare/cleansickroom.htm Avoid being face to face with a sick person. Limit the amount of time in close contact with them. Wash hands often or use an alcohol-based hand rub if no soap is available. **Image**: Sick person When holding sick children, place their chin on your shoulder so they don't cough in your face. Wash hands often or use alcohol-based hand rub if no soap is available. **Image**: Sick child	

		Caregivers: dehydration is a serious problem and sick people need extra fluids to stay hydrated. For more information on avoiding dehydration, visit the link below. **Link**: http://www.cdc.gov/flu/homecare/fluidlosstips.htm **Image**: Link includes a photo Know when to call the doctor if your child or loved one is too dehydrated. Signs include: not making tears, dry mouth or eyes, fast beating heart. For more information visit the link below. **Link**: http://www.cdc.gov/flu/homecare/fluidlosshelp.htm **Image**: Link includes a photo Did you know that you can treat a high fever without medicine? Try putting a cool, damp washcloth on their forehead, washing their arms and body with a cool cloth, or giving them a slightly warm bath. For more tips visit the link below. **Link**: http://www.cdc.gov/flu/homecare/treatfever.htm	

		Image: Link includes a photo **Share important messages from CDC/WHO**	
Outbreak Control Measures - NPI	Wash hands and cover coughs and sneezes to prevent spread of **(Infectious Disease)** #EventHashtag If you are sick, drink plenty of water/clear liquids to prevent fluid loss bit.ly/addurl #EventHashtag If you are sick, avoid close contact with people in your home to stop the spread of the illness #EventHashtag Stay home for **XXX days** after your fever is gone without fever-reducing medication #EventHashtag Cover nose and mouth with tissue when coughing/sneezing, then throw in the trash bit.ly/addurl #EventHashtag Avoid touching your eyes/nose/mouth. Germs spread this way #EventHashtag Wear a facemask when around anyone not sick to stop the spread of the virus bit.ly/addurl #EventHashtag	Remember to always wash your hands after touching surfaces that may have the virus or after being in contact with a sick person. Link: addurl.gov Image: Sick person If you are sick, make sure to drink plenty of water/clear liquids to prevent fluid loss. Avoid close contact with people in your home to keep them healthy and illness-free. Stay home for **XXX days** after your fever is gone without fever-reducing medication. **Link**: addurl.gov **Image**: Sick person Cover your nose and mouth with a tissue when coughing/sneezing and throw in the trash to stop the virus from spreading. Try to avoid touching your eyes/nose/mouth – germs spread this way. **Link**: addurl.gov **Image**: Person sneezing	http://www.cdc.gov/flu/pdf/toolkit/flubreak.pdf **<Photo of respiratory hygiene>**

	(Infectious Disease) is spread through coughing and sneezing – wash your hands and cover your cough bit.ly/addurl #EventHashtag Control spread of **(Infectious Disease)** in your home – wash hands often. #EventHashtag Wash hands and cover coughs and sneezes to prevent spread of **(Infectious Disease)** bit.ly/addurl #EventHashtag If you need to leave your home, use of a facemask is suggested bit.ly/addurl #EventHashtag Stay home if you are sick – don't go back to work (school or childcare) until fever gone for **XX** days. #EventHashtag Stay home if you are sick – don't go to work/school/childcare until diarrhea is gone. #EventHashtag If you are sick, cover your mouth when sneezing or coughing and avoid contact with others bit.ly/addurl #EventHashtag	Wear a facemask when you are around anyone who is not sick to stop the spread of the virus. Remember to wash your hands often. **Link**: addurl.gov **Image**: Person wearing facemask **(Infectious Disease)** is spread through coughing and sneezing. Remember to cover coughs and sneezes with a tissue, then throw away. Wash your hands often or use alcohol-based rub to prevent the spread of **(Infectious Disease)** **Link**: addurl.gov **Image**: Person sneezing Control the spread of **(Infectious Disease)** in your home by washing your hands often. Have sick people in the household wear facemasks when around healthy people. **Image**: Photo of a facemask Stay home if you are sick. Don't go back to work until your fever is done for **XXX** days. If you need to leave your home, use of a facemask is suggested. **Link**: addurl.gov **Image**: Sick person	

	Cough or sneeze into a tissue, sleeve, or elbow, never into your hands #EventHashtag Wash hands often. No water available? Use alcohol-based hand cleaner http://1.usa.gov/1aJUIeK #EventHashtag **Retweet important messages from CDC/WHO**	Call your doctor for specific information if you are worried about your illness. Remember to wash hands often with soap and water or use alcohol-based hand rub. **Image**: Hand washing Cough or sneeze into a tissue, sleeve, or elbow, never into your hands. Wash your hands often with soap and water or use alcohol-based hand rub. **Image**: Person sneezing **Share important messages from CDC/WHO**	
Special Needs Populations	Children/seniors/those w/ chronic medical conditions are more susceptible/likely to have severe cases of **(Infectious Disease)** #EventHashtag For more info on emergency warning signs of **(Infectious Disease)** for children visit bit.ly/addurl #EventHashtag Check for dehydration: make sure babies have wet diapers to be sure they are getting enough liquids http://1.usa.gov/1khFiT7 #EventHashtag	Children, seniors, those w/ chronic medical conditions are more susceptible/likely to have severe cases of **(Infectious Disease)**. For more info on emergency signs of **(Infectious Disease)** check out this resource. **Link**: addurl.gov **Image**: Sick child/senior When caring for a sick child, make sure to check for signs of dehydration. One way to do this is to make sure babies have wet diapers to be sure that they are getting enough liquids. For more information:	

	For more information on emergency warning signs of **(Infectious Disease)** for older adults visit bit.ly/addurl #EventHashtag	**Link**: http://www.cdc.gov/flu/homecare/checkfluidloss.htm **Image**: Link has an image	
School Closures	Authorities are closing schools in **XXX** county(ies). Go to bit.ly/addurl for up to date information in your district #EventHashtag Schools in **XXX** county will be closed for X amount of days bit.ly/addurl #EventHashtag Does your child have a fever? Keep them home from school until 24 hours fever free without medication bit.ly/addurl #EventHashtag Is your child nauseous or vomiting? Keep them home from school bit.ly/addurl #EventHashtag **Retweet important messages from city/school district**	Authorities are closing schools in **XXX** county(ies). Find up to date information and whether your school is affected using the link below. **Link**: addurl.gov Image: Link needs a photo Schools in **XXX** county will be closed for **XXX** days. For more information follow the link below. **Link**: addurl.gov **Image**: Photo of school Does your child have a fever? Keep them home from school until 24 hours fever free without fever-reducing medication. Remember to wash your hands often. **Link**: addurl.gov **Image**: Link includes a photo Is your child nauseous or vomiting? Keep them home from school until **XXX days/hours** after nausea/vomiting/diarrhea is gone. Remember to wash your hands often.	

		Link: addurl.gov **Image**: Link includes a photo **Share important messages from city/school district**	
Social Distancing Measures	Distance yourself from those who may be sick. Avoid contact or wear a facemask and wash hands often #EventHashtag Try to keep a 6 foot distance from others to avoid getting sick bit.ly/addurl #EventHashtag Avoid public places/large gatherings of people/riding public transportation. Wash hands often and wear a facemask. #EventHashtag If possible, work from home/telecommute. Need to go in? Wear a facemask and wash hands often #EventHashtag Check for school closures in your community bit.ly/addurl #EventHashtag All nonessential businesses are closed and employees should stay home. For more information visit bit.ly/addurl #EventHashtag	Try to keep a 6 foot distance from those who are sick to avoid getting sick. If you can't avoid contact, wear a facemask and wash your hands often. **Link**: addurl.gov **Image**: Facemask Avoid public places, like public transportation and large gatherings of people. If you cannot avoid these places, wear a facemask and wash your hands often or use an alcohol-based hand rub. **Link**: addurl.gov **Image**: Include photo of hand sanitizer If it is possible, work from home or telecommute. If you need to go in, wear a facemask and wash your hands often or use an alcohol-based hand rub. **Image**: Laptop/Working from home All nonessential businesses are closed and employees should stay home. Avoid public places, wash your hands often, and wear a facemask.	

	Events in **XXX** county(ies) are cancelled. For more information visit bit.ly/addurl #EventHashtag Contact **XXX** if you are in isolation but need supplies. Volunteers are working to keep your life as normal as possible #EventHashtag Need groceries? Contact **XXX** to have a volunteer assist you bit.ly/addurl #EventHashtag Know the difference between quarantine and isolation: http://1.usa.gov/1gPmcCP #EventHashtag **Retweet important messages from schools, businesses, and community organizations**	**Link**: addurl.gov **Image**: "Closed" sign **XXX** events have been cancelled. Check if events in your community are cancelled before you leave for them. If they aren't cancelled and you are attending, wear a facemask and wash hands often. **Link**: addurl.gov Image: "Closed" sign Contact **XXX** if you are in isolation but need supplies, like groceries or medicines. Volunteers are working to assist you and to keep your life as normal as possible. **Link**: addurl.gov **Image**: Grocery bag Know the difference between quarantine and isolation? Check out this resource to learn more. **Link**: http://emergency.cdc.gov/preparedness/quarantine/index.asp **Image**: Quarantine sign **Share important messages from schools, businesses, and community organizations**	

Mass prophylaxis	Vaccines (medications) are available to prevent **(Infectious Disease)**. Find center near you bit.ly/addurl #EventHashtag What is a Point of Dispensing (POD)? It's a place that gives out medication like pills or vaccinations during an emergency #EventHashtag PODs: Points of Dispensing for vaccinations/medicines. Keep looking for info on openings/closings near you bit.ly/addurl #EventHashtag PODs are for everyone, regardless of need or ability. Please be patient w/ us, & if you need extra time or service, just ask #EventHashtag PODs open in **XXX** county: pick up medicines for family. Bring ID and know how much children weigh before you go bit.ly/addurl #EventHashtag The head of your household can pick up medications for your entire family at the POD #EventHashtag Vaccines available today at **XXX** from **XXX** to **XXX**. Bring ID. No health insurance or	Vaccines (medications) are available to prevent **(Infectious Disease)**. Find a POD (Point of Dispensing) near you for vaccinations/medicines. Keep looking for info on openings/closures near you. **Link**: addurl.gov **Image**: Show vaccine or POD What is a Point of Dispensing (POD)? It's a place that gives out medication like pills or vaccinations to protect the general public during an emergency. They are for everyone, regardless of need or ability. Please be patient with us, and if you need extra time or service, just ask. **Image**: Include picture of POD Vaccines available and PODs open today in **XXX** counties from **XXX time** to **XXX time**. The head of your household can pick up medications for your entire family at the POD. Bring ID and know how much your children weigh before you go. No health insurance or payment needed. **Link**: addurl.gov **Image**: POD	**<Map of PODs – by county>** **<Photo of POD>** **<Picture of Head of Household form>** **<Map of Vaccine Center – POD>**

	payment needed bit.ly/addurl #EventHashtag Vaccine recommended for everyone older than 6 months of age to control flu. Safe and effective bit.ly/addurl #EventHashtag Vaccines are available for people **XXX of/to XXX**. Only those people should go to PODs on **XXX**. For more info bit.ly/addurl #EventHashtag PODs will be opening at **day/time**. Please visit bit.ly/addurl for locations and more information #EventHashtag Hours for PODs in **XXX county** are from **(Open Time)** until **(Closing Time)**. Go to bit.ly/addurl for more info #EventHashtag PODs will be open on **XXX date/time**. Find one near you bit.ly/addurl #EventHashtag **<Map of PODs in area>** Do not bring weapons to PODs. Security will be there for protection of you and others #EventHashtag Look out for neighbors and friends. If possible, make sure they have received information about PODs #EventHashtag	Vaccine is recommended for everyone older than 6 months of age to control flu. It is safe and effective. Vaccines are currently available in **XXX** counties from **XXXtime** to **XXXtime**. **Link**: addurl.gov **Image**: Map of PODs Vaccines are available for people **XXX of/to XXX**. Only those people should go to PODs at **XXX**. PODs are open from **XXXtime** to **XXXtime**. **Link**: addurl.gov **Image**: Map of PODs PODs will be opening at **day/time**. Please visit the link below for locations, hours, and more information. **Link**: addurl.gov **Image**: Map of PODs Hours for PODs in **XXX County** are from **(Open Time)** until **(Closing Time)**. Click the link below for more information. **Link**: addurl.gov **Image**: Map of PODs in the area Do not bring weapons to PODs. Security will be there for the protection of you and others. Bring ID/necessary filled out	

	Stay up to date on information about PODs on local TV news stations, radio stations, and trusted social media pages. Remember to bring Head of Household form to PODs to receive proper vaccinations/medications for you & your family <Link to form> #EventHashtag Reminder: POD at **(location)** will be closing at **XXX time/day** bit.ly/addurl #EventHashtag You **MAY/MAY NOT** pick up medication for loved ones and friends at POD bit.ly/addurl #EventHashtag Facemasks will be given out at **XXX** from **XXX to XXX**. You **MAY/MAY NOT** pick up masks for your family bit.ly/addurl #EventHashtag **Retweet important messages** Once at POD, be prepared to fill out medical screening/consent forms. Will also get info on meds bit.ly/addurl #EventHashtag Phone numbers for PODs can be found at the following website bit.ly/addurl #EventHashtag	forms. Do not bring money/overnight bag. **Link**: addurl.gov **Image**: Needs a photo Look out for neighbors and friends. If possible, make sure they have received information about PODs. **Link**: addurl.gov **Image**: Needs a photo Stay up to date on information about PODs on local TV news stations, radio stations, and trusted social media pages. Remember to bring your Head of Household form to PODs to receive proper vaccinations/medications for you and your family. **Link**: <Link to form> **Image**: Include a photo of head of household form You **MAY/MAY NOT** pick up medication for loved ones and friends at POD. Remember to bring your ID and all necessary form. For more information visit the link below. **Link**: addurl.gov **Image**: Include a photo of head of household form.	

	After you receive vaccination/meds, you will get **sticker/hand stamp/wristband** to show proof of receiving meds bit.ly/addurl #EventHashtag Bring ID/necessary filled out forms to POD. Do not bring overnight bag/money bit.ly/addurl #EventHashtag POD is not a shelter. Do not need money/overnight bag bit.ly/addurl #EventHashtag Counseling services will be available at your local POD bit.ly/addurl #EventHashtag	Facemasks will be given out at **XXX** from **XXX** to **XXX**. You MAY/MAY NOT pick up masks for your family. Once at POD, be prepared to fill out medical screenings/consent forms. You will also receive information about what you are being provided. **Link**: addurl.gov **Image**: Include a photo of a facemask Phone numbers for PODs can be found at the following website. **Link**: addurl.gov **Image**: Include a photo of PODs After you receive a vaccinations/medicine, you will get a **sticker/hand stamp/wristband** to show proof of receiving vaccination/medication. Remember to bring your ID/necessary filled out forms to POD. **Link**: addurl.gov **Image**: Needs a photo Bring ID/necessary filled out forms to POD. Do not bring overnight bag or money. POD is not a shelter. **Link**: addurl.gov **Image**: Needs a photo	

		Counseling services will be available at your local POD. PODs will be open from **XXXtime** to **XXXtime**. Remember to bring your ID/necessary filled out forms. For more information and locations click on the link below. **Link**: addurl.gov **Image**: Include a map of PODs	
Antiviral Medication (If ID is Flu)	Antivirals are safe & effective for treating flu. Call your doctor for prescription. More info at http://1.usa.gov/1dXjzOM #EventHashtag Concerned about taking antivirals to treat the flu? Know your facts http://1.usa.gov/1hSOtfQ #EventHashtag Sick? Call your doctor within 48 hours to be prescribed an antiviral medication. More info at: http://1.usa.gov/1dXjzOM #EventHashtag	Antivirals are safe and effective for treating the flu. Call your doctor within 48 hours of getting sick for a prescription. Visit the link below for more information. **Link**: http://www.cdc.gov/flu/antivirals/whatyoushould.htm **Image**: Sick person Concerned about taking antivirals to treat the flu? Follow the link so you can know your facts. **Link**: http://www.fda.gov/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/ucm107838.htm **Image**: Sick person	
Special Needs – Medications (Used Flu as Example)	High risk for flu? Call your doctor if you notice symptoms & get a prescription for an	Are you high risk for flu complications (children under 5, adults over 65, pregnant women, those with chronic	

	antiviral http://1.usa.gov/1enjDvN #EventHashtag Have a chronic disease and got the flu? Call your doctor for antiviral to avoid complications http://1.usa.gov/1enjDvN #EventHashtag Some children are at especially high risk for flu-related complications. Learn more http://1.usa.gov/18mtlqm #EventHashtag Everyone 6 months and older should get a flu vaccine http://1.usa.gov/18mtlqm #EventHashtag Is your child sick? Watch for warning signs: not drinking enough/fever with rash/trouble breathing http://1.usa.gov/1b4LGNv #EventHashtag Have diabetes and the flu? Know what your next steps are http://1.usa.gov/1kp99uq #EventHashtag Have heart disease or had a stroke and have the flu? Know what your next steps are http://1.usa.gov/1fQvj5W #EventHashtag	illness)? Call your doctor if you notice symptoms and get a prescription for an antiviral. **Link**: http://www.cdc.gov/flu/about/disease/high_risk.htm **Image**: Child or Senior Do you have a chronic disease and have symptoms of the flu? Call your doctor for an antiviral to avoid complications. **Link**: http://www.cdc.gov/flu/about/disease/high_risk.htm **Image**: Senior Some children are at especially high risk for flu-related complications. Learn more using the resource below. **Link**: http://www.cdc.gov/flu/protect/children.htm **Image**: Young child Everyone 6 months and older should get a flu vaccine. They are safe and effective. **Link**: http://www.cdc.gov/flu/protect/children.htm Image: Infant	

	Are you pregnant and have the flu? Know what your next steps are http://1.usa.gov/1lVNXPl #EventHashtag Have HIV/AIDS and the flu? Know what your next steps are http://1.usa.gov/1u51fge #EventHashtag Have cancer/are a cancer survivor and have the flu? Contact your doctor and follow these steps http://1.usa.gov/1u52QCP #EventHashtag Have a chronic disease like COPD/diabetes? If you have flu symptoms, call your doctor within 48hrs for antiviral meds #EventHashtag Have lung disease/heart disease/diabetes/asthma/weakened immune system & get the flu? Call your Dr. http://1.usa.gov/1enjDvN #EventHashtag **Retweet important messages**	Is your child sick with the flu? Watch for warning signs: not drinking enough/fever with rash/trouble breathing/not waking up or interacting/unable to eat/no tears when crying. Find more at the link below. **Link**: http://www.cdc.gov/flu/takingcare.htm **Image**: Sick child Have asthma and flu symptoms? Call your doctor within 48 hours of the beginning of symptoms for an antiviral prescription. For more information visit the link below. **Link**: http://www.cdc.gov/flu/asthma/index.htm **Image**: Person using inhaler Have diabetes and flu symptoms? Call your doctor within 48 hours of the beginning of symptoms for an antiviral prescription. For more information visit the link below. **Link**: http://www.cdc.gov/flu/diabetes/index.htm **Image**: Prescription pad	

		Have heart disease or had a stroke and have flu symptoms? Call your doctor within 48 hours of the beginning of symptoms for an antiviral prescription. For more information visit the link below. **Link**: http://www.cdc.gov/flu/heartdisease/index.htm **Image**: Sick person Are you pregnant and have flu symptoms? Call your doctor within 48 hours of the beginning of symptoms to see if you need an antiviral prescription. For more information visit the link below. **Link**: http://www.cdc.gov/flu/protect/vaccine/pregnant.htm **Image**: Pregnant woman Have HIV/AIDS and have flu symptoms? Call your doctor within 48 hours of the beginning of symptoms for an antiviral prescription. For more information visit the link below. **Link**: http://www.cdc.gov/flu/protect/hiv-flu.htm	

		Image: Sick person Have cancer/are a cancer survivor and have flu symptoms? Call your doctor immediately and follow his or her instructions. For more information visit the link below. **Link**: http://www.cdc.gov/cancer/flu/symptoms.htm **Image**: Sick person Have a chronic disease like COPD, diabetes, heart disease, asthma, or weakened immune system and have flu symptoms? Call your doctor immediately. **Link**: http://www.cdc.gov/flu/about/disease/high_risk.htm **Image**: Sick person	
Vaccines	Vaccines are ready and available. Safe and effective. For locations near you, visit bit.ly/addurl #EventHashtag **<Map of vaccine dispensing locations>** Side effects to the vaccine are **XYZ**. Call your doctor if you experience any bit.ly/addurl #EventHashtag **Retweet important messages from FDA**	Vaccines are ready and available. They are safe and effective. For locations near you and for more information visit the link below. **Link**: addurl.gov **Image**: Include a map of vaccine dispensing locations Side effects of the vaccine are **XYZ**. Call your doctor if you experience any.	**<Map of vaccine dispensing locations>**

		Link: bit.ly/addurl **Image**: Needs a photo **Share important messages from FDA**	
Business Owners/Employers	Business owners: Up to 40% of the workforce may be absent during the peak of pandemic illness. Plan accordingly. #EventHashtag Business owners: If you can, have employees telecommute/work from home instead of going into work #EventHashtag Business owners: If employees must go into work, try staggering shifts to reduce the spread of disease #EventHashtag Business owners: Employees may be absent for longer periods of time due to personal illness/childcare closures #EventHashtag Business owners: Encourage ill employees to stay home without fear of any reprisals #EventHashtag Business owners: Encourage employees to wash hands often and cough/sneeze into tissues #EventHashtag	Business owners: Up to 40% of the workforce may be absent during the peak of pandemic illness. Employees may be absent for longer periods of time due to personal illness/childcare closures. Plan accordingly. **Image**: Sick person at work Business owners: If you can, have employees telecommute/work from home instead of going into work. If employees must go into work, try staggering shifts to reduce the spread of disease. **Image**: Laptop and cell phone Business owners: Encourage ill employees to stay home without fear of any reprisals to help prevent the spread of the disease. Encourage healthy employees to wash hands often and cough/sneeze into tissues to prevent the spread of disease. **Image**: Sick person at work	

	Business owners: Consider providing employees who must meet together with facemasks to reduce the spread of disease #EventHashtag Business owners: Avoid having a gathering, such as meetings. Replace with email/conference calls #EventHashtag Business owners: Discourage employees from using other's phones, desk, offices & supplies #EventHashtag Business owners: Communicate to employees their options for working from home #EventHashtag Business owners: Communicate with employees effectively to reduce panic and anxiety #EventHashtag Business owners: If your business remains open, clean workspace regularly to reduce the spread of disease #EventHashtag Going to work? Wipe down frequently touched locations: doorknobs/light switches/counter tops/phones/computers/walls #EventHashtag	Business owners: Avoid having a gathering of people, such as meetings. Try to replace with email/phone calls. Consider providing employees who must meet together with facemasks to reduce the spread of disease. **Image**: Laptop and cell phone Business owners: Discourage employees from using other's phones, desk, offices, and supplies to help prevent the spread of disease. **Image**: Office supplies Business owners: Communicate to employees their options for working from home. Make sure to keep communication lines open and effective to reduce panic and anxiety. **Image**: Laptop and cell phone Business owners: If your business remains open, clean your workspace regularly to reduce the spread of disease. Wipe down frequently touched locations often such as doorknobs, light switches, counter tops, phones, computer & walls. When cleaning surfaces, use soap, detergents, or disinfectants. **Image**: Cleaning products	

	Going to work? When cleaning surfaces, use soap, detergent, or disinfectants #EventHashtag **Retweet important messages from OSHA**	**Share important messages from OSHA**	
Religious Groups/Leaders	Religious leaders: Consider **increasing/decreasing** your services during this time #EventHashtag Religious leaders: You may be asked to shut down by **(CDC/WHO)**. Plan accordingly & communicate w/ members bit.ly/addurl #EventHashtag Religious leaders: Plan for staff absences during the pandemic period #EventHashtag Religious leaders: Work together with other organizations to help communities during this time #EventHashtag	Religious leaders: Consider **increasing/decreasing** religious services during this time. **Image**: Church or congregation Religious leaders: You may be asked to shut down by **(CDC/WHO)**. Plan accordingly and communicate your organizations actions to members effectively. Link: addurl.gov **Image**: Church or congregation Religious leaders: Work together with other organizations to help communities through this trying time. **Image**: Church or congregation	
Check In With Family/Friends	Update family and friends on your health status by regularly updating social media pages. Phone lines may be jammed #EventHashtag	Update family and friends on your health status regularly by updating social medial pages. Phone lines may be jammed. **Image**: Smartphone or social media logo	

	Need help contacting family or friends? Register with Red Cross' Safe and Well http://bit.ly/9ZwlyY #EventHashtag This is a stressful and frightening time for many people. Check on your neighbors who may be worried or may need help #EventHashtag	Need help contacting family or friends? Register with Red Cross' Safe and Well **Link**: http://bit.ly/9ZwlyY **Image**: Link includes a photo This is a stressful and frightening time for many people. Check on your neighbors who may be worried or may need help. **Image**: Elderly person	
Daily Medical Supplies	Fill almost empty prescriptions early – most insurance companies will cover it #EventHashtag Make sure you have a supply of your daily medicines. Check pharmacy locations and hours #EventHashtag **<Map of local pharmacies>** Contact **XXX** if you need daily medicines but can't get them. Volunteers will help bit.ly/addurl #EventHashtag	Make sure you have a supply of your daily medicines. Fill almost empty prescriptions early – most insurance companies will cover it. Check pharmacy locations and hours. **Image**: Include a map of local pharmacies Contact **XXX** if you need daily medicines but can't get them. Volunteers are working to keep your life as normal as possible. **Link**: addurl.gov **Image**: Medicine/Prescription	**<Map of local pharmacies> <Hours/phone numbers of local pharmacies>**
Hospital Information	Hospital **XXX** is not accepting new patients at this time. For an updated status on hospitals in your area bit.ly/addurl #EventHashtag	Hospital **XXX** is not accepting new patients at this time. For an updated status on hospitals in your area **Link**: addurl.gov **Image**: Include a map of local hospitals	**<Map of local hospitals>**

	Hospital **XXX** is restricting visitations. Follow the link for more info bit.ly/addurl #EventHashtag **Retweet important messages from city/hospitals**	**XXX** hospital is restricting visitations. Follow the link for more information. **Link**: addurl.gov **Image**: Include a map with hospital location **Share important messages from city/hospitals**	
Mental Health	Mental health services are available. Call 1-800-985-5990 or visit http://1.usa.gov/1krygvf #EventHashtag Feeling depressed or stressed? Mental health services are in your area. Remember to wear a facemask bit.ly/addurl #EventHashtag Help yourself and your community heal. Visit this website for tips http://1.usa.gov/ShAMxO #EventHashtag If the stress is too much for you, ask for help. Contact friends/family or **1-800-985-5990** http://1.usa.gov/1kwrc1R #EventHashtag There are many things you can do to cope with this event: talk with	This is a stressful time, but mental health services are available to help you and your loved ones through it. Call 1-800-985-5990 or visit the link below for more information **Link**: http://emergency.cdc.gov/mentalhealth/ **Image**: Distressed person Feeling depressed or stressed? Mental health services are in your area. There are many things you can do to cope with this event: talk with family, friends, clergy or visit mental health services located at **XXX**. **Link**: addurl.gov **Image**: Distressed person Help yourself and your community heal: visit this website for tips	

	family/friends/clergy http://1.usa.gov/1krygvf #EventHashtag Talk to your children about their thoughts. You do not need to have all the answers, just listen http://1.usa.gov/1cTJLv0 #EventHashtag Need to talk to someone? SAMHSA is a free, confidential helpline for those in need after a disaster http://1.usa.gov/1kwrc1R #EventHashtag Talk to someone about your feelings to ease stress even though it may seem difficult http://1.usa.gov/1krygvf #EventHashtag If you feel overwhelmed, take a time-out. Give yourself some time or take a walk to ease stress #EventHashtag **Retweet important messages SAMHSA**	**Link**: http://emergency.cdc.gov/masscasualties/copingpub.asp **Image**: Distressed person If the stress is too much for you, ask for help. Contact friends/family or **XXX-XXX-XXXX.** Need to talk to someone? SAMHSA is a free, confidential helpline for those in need after a disaster. **Link**: http://www.disasterdistress.samhsa.gov/ **Image**: Distressed person Talk to your children about their thoughts. You do not need to have all the answers, just listen . **Link**: http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html **Image**: Link includes a photo Talk to someone about your feelings even though it may seem difficult. It may ease stress. Talk with family, friends, clergy. **Link**: http://emergency.cdc.gov/mentalhealth/ **Image**: Distressed person	

		If you feel overwhelmed, take a time-out. Give yourself some time or take a walk to ease stress. **Image**: Person out for a walk **Share important messages from SAMHSA**	
Social Services Needs	Have a non-emergency need? Call 2-1-1 **(Or equivalent human service organization contact center in your area)**for help bit.ly/addurl #EventHashtag Check local grocery store hours for any changes bit.ly/addurl #EventHashtag **<Map of local grocery stores/photo of phone numbers>** Volunteers needed! Please contact **XXX** for more info bit.ly/addurl #EventHashtag Running out of supplies? Contact **XXX** for a volunteer to pick items up for you and your family bit.ly/addurl #EventHashtag **Retweet important messages from city/Red Cross/United Way/Salvation Army/SEPA 2-1-1**	Have a non-emergency need? Call 2-1-1 **(Or equivalent human service organization contact center in your area)** for help. **Link**: addurl.gov **Image**: SEPA 2-1-1 Logo Check local grocery store hours for any changes in hours. Remember to wear a facemask. **Link**: addurl.gov **Image**: Include a map of local grocery stores/phone numbers Volunteers needed for helping those who are sick get supplies to make them healthy! Please contact **XXX** for more information. **Link**: addurl.gov **Image**: Volunteers	**<Map of local grocery stores/photo of phone numbers>**

		Running out of supplies? Contact **XXX** for a volunteer to pick items up for you and your family. Volunteers are working hard to keep your life as normal as possible. **Link**: addurl.gov **Image**: Volunteers **Share important messages from the city/Red Cross/United Way/Salvation Army/SEPA 2-1-1**	
Travel Warnings and Restrictions	If you are traveling, make sure to stay up to date on all vaccinations. Refer to your health care provider for more info #EventHashtag If you are traveling, check out health notices for info about disease and how to prepare for it http://1.usa.gov/1bEk7KV #EventHashtag Worried about getting sick on vacation? Check this site before traveling to help prevent illness: http://1.usa.gov/1bEk7KV #EventHashtag Travelers protect yourself: wash hands often, avoid sick people, and stay up-to-date on all vaccinations #EventHashtag	If you are traveling, make sure to stay up to date on all vaccinations. Also remember to check out health notices for info about disease and how to prepare yourself for it. Refer to your health care provider for more information. **Link**: http://wwwnc.cdc.gov/travel/ **Image**: Link includes a photo Are you worried about getting sick while on vacation? Check out this website before traveling to get information on how to prevent illness. Remember to wash your hands often. **Link**: http://wwwnc.cdc.gov/travel/ **Image**: Link includes a photo	

	PA DOH/CDC recommended that unnecessary travel be suspended to **XXX**. For more info visit bit.ly/addurl #EventHashtag Have travel plans? There are restrictions on air travel **to/from XXX**. Check with your airport for details about your flight #EventHashtag Sick screenings are occurring at all airports/international borders. Expect delays bit.ly/addurl #EventHashtag You may be required to pass a health examination when leaving **XXX** area bit.ly/addurl #EventHashtag Leave extra time when traveling for possible health screenings at borders bit.ly/addurl #EventHashtag Community **XXX** is infection free and safe to travel bit.ly/addurl #EventHashtag	**PA DOH/CDC** recommends that unnecessary travel be suspended to **XXX** counties. Please plan accordingly. **Link**: addurl.gov **Image**: Include a map of restricted area There are restrictions on air travel to/from **XXX**. If you have travel plans, check with your airport for details about your flight and how you can prepare. **Link**: addurl.gov **Image**: Airplane/Airport Sick screenings are occurring at all airports/international borders. You may be required to pass a health examination when crossing borders. Expect delays and plan accordingly. **Link**: addurl.gov **Image**: Airplane/Airport	
Rumor Control	**Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.**	**Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.**	

	If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them. **If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.**	**If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.**	

Recovery	Twitter	Facebook	Image
General Updates	Reminder: We are using #EventHashtag for updates on the spread of **(Infectious Disease)**. We encourage everyone to do the same. The next update on #EventHashtag from **(PA DOH/governor)** will be at **XXX time/day**. Watch it here bit.ly/addurl Remember to follow PA DOH on Facebook and Instagram for more info	Watch the latest **(insert time)** press briefing on **(Infectious Disease)** from (PA DOH/Governor). The next update on **(Infectious Disease)** will take place at **(insert date/time),** so keep checking back for the latest information **Link**: addurl.gov **Image**: Include photo from press conference Have a Twitter account? If so, follow @(insert DOH Twitter handle) for updates on	

	#EventHashtag **<link to Facebook page, Instagram username>** Stay up to date on information about #EventHashtag on local TV news stations, radio stations, and trusted social media pages. Only use 911 in emergencies. Use **XXX** for other requests #EventHashtag Tweet your #EventHashtag questions in to **@(Insert DOH Twitter handle)** and we will do our best to answer them. Follow (insert Twitter handles of appropriate federal/state/local officials) for important updates about **(Infectious Disease)** #EventHashtag **(Infectious Disease)** outbreaks may come in waves. Continue to wash hands and cover coughs and sneezes bit.ly/addurl #EventHashtag	the spread of **(Infectious Disease)** and what you can do to keep you and your family safe. **Link**: PA DOH Twitter page **Image**: Use PA DOH Twitter image Ask us your questions about **(Infectious Disease)** by commenting on this post and we'll do our best to answer them. **Link**: addurl.gov **Image**: Include photo from press conference Stay up to date on information about **(Infectious Disease)** by watching local TV news stations, radio stations, and trusted social media pages **Link**: addurl.gov **Image**: Include photo of local news stations For important information and facts about **(Infectious Disease)**, like this/these organization(s): **(List Organizations)** **Link**: Organization(s) website **Image**: Include photo(s) of organizations **(Infectious Disease)** outbreaks may come in waves. Continue to wash hands and cover coughs and sneezes. **Link**: addurl.gov **Image**: Hand washing	

Mass Prophylaxis	PODs (Points of Dispensing) at **(Locations)** will be closing on **XXX day/time** bit.ly/addurl #EventHashtag Questions about your local POD (Point of Dispensing) shutting down? Call **XXX-XXX-XXXX** bit.ly/addurl #EventHashtag Reminder: PODs (Points of Dispensing) at **(Locations)** will be closing at **XXX time/day** bit.ly/addurl #EventHashtag	PODs (Points of Dispensing) at **(Locations)** will be closing on **XXX day/time**. If you have any questions about your local POD shutting down, call **XXX-XXX-XXXX** or visit the website below. **Link**: addurl.gov **Image**: Include a map of PODs that are shutting down Reminder: PODs (Points of Dispensing) at **(Locations)** will be closing at **XXX day/time**. If you have any questions about your local POD shutting down, call **XXX-XXX-XXXX** or visit the website below. **Link**: addurl.gov **Image**: Include a map of PODs that are shutting down	
Mental Health	PODs are closing but mental health services will remain open. For more info call **XXX-XXX-XXXX** or visit bit.ly/addurl #EventHashtag Mental health services remain open in your area. For more info visit bit.ly/addurl #EventHashtag Mental health services are open in **XXX** counties. For more info visit bit.ly/addurl #EventHashtag	PODs are shutting down but mental health services will remain open. For more information call **XXX-XXX-XXXX** or visit the link below. **Link**: addurl.gov **Image**: Include a map of where mental health services are located Mental health services will remain open in XXX counties. For more information, call **XXX-XXX-XXXX** or visit the link below. **Link**: addurl.gov	

	Mental health services will remain open until **XXX day/time**. For more info visit bit.ly/addurl #EventHashtag Mental health services are available. Call **XXX-XXX-XXXX** or visit http://1.usa.gov/1krygvf #EventHashtag Coping with a pandemic can be stressful. SAMHSA is a free, confidential service to help http://1.usa.gov/1kwrc1R #EventHashtag Feeling depressed or stressed? Mental health services are in your area bit.ly/addurl #EventHashtag Help yourself and your community heal: visit this website for tips http://1.usa.gov/ShAMxO #EventHashtag Give yourself time to heal. If you need help contact **XXX-XXX-XXXX** or visit bit.ly/addurl #EventHashtag Talk to someone about your feelings to ease stress even though it may seem difficult http://1.usa.gov/1krygvf #EventHashtag	**Image**: Include a map of where mental health services are located Mental health services in **XXX** counties will remain open until **XXX day/time**. For more information visit the link below. **Link**: addurl.gov **Image**: Include a map of local mental health services Feeling depressed or stressed? Mental health services remain open in your area. For more information visit the link below. **Link**: addurl.gov **Image**: Include a map of mental health services Coping with a pandemic can be stressful. SAMHSA is a free, confidential service to help you heal. **Link**: http://www.disasterdistress.samhsa.gov/ **Image**: Link includes a photo Help yourself and your community heal. Visit the link below for tips. **Link**: http://emergency.cdc.gov/masscasualties/copingpub.asp **Image**: Link includes a photo	

	Tip to ease stress: don't hold yourself responsible http://1.usa.gov/1GldIof #EventHashtag If you feel overwhelmed, take a time-out. Give yourself some time or take a walk to ease stress #EventHashtag There are many things you can do to cope with this event: talk with family/friends/clergy http://1.usa.gov/1krygvf #EventHashtag Talk to your children about their thoughts. You do not need to have all the answers, just listen http://1.usa.gov/1cTJLv0 #EventHashtag	Give yourself time to heal. If you need help, contact **XXX-XXX-XXXX** or visit the link below. **Link**: addurl.gov **Image**: Needs a photo Talk to someone about your feelings to ease stress, even though it may seem difficult. Talk with family, friends, clergy. **Link**: http://emergency.cdc.gov/mentalhealth/ **Image**: Distressed person Tip to ease stress: don't hold yourself responsible for what happened or be frustrated because you feel that you cannot directly help with the rescue work. **Link**: http://1.usa.gov/1GldIof **Image**: Distressed person If you feel overwhelmed, take a time-out. Give yourself some time or take a walk to ease stress. **Image**: Person walking Talk to your children about their thoughts. You do not need to have all the answers, just listen. **Link**: http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html	

		Image: Link includes a photo	
Business Owners/Employers	It is recommended that businesses begin to operate at their regularly scheduled times bit.ly/addurl #EventHashtag As you start regular business hours again, prepare for lingering employee absenteeism bit.ly/addurl #EventHashtag	**CDC/WHO** recommends that businesses begin to operate at their regularly scheduled times. As you start regular business hours again, prepare for lingering employee absenteeism. **Link**: addurl.gov **Image**: "Open" Sign	
Religious Groups/Leasers	It is recommended that services/operations begin to operate at their regularly scheduled times bit.ly/addurl #EventHashtag Prepare for increase in members as the pandemic ends bit.ly/addurl #EventHashtag Consider extending services/operations to prepare for an increase in service goers bit.ly/addurl #EventHashtag	**CDC/WHO** recommends that services/operations being to operate at their regularly scheduled times. Prepare for an increase in members as the pandemic ends. Consider extending services/operations to prepare for this increase. **Link**: addurl.gov **Image**: Church or congregation	
Medical Supplies	Need medicine? Check out the map for local pharmacies currently open in your area bit.ly/addurl #EventHashtag **<Map of local, open pharmacies>**	Need medicine? Check out the map for local pharmacies that are currently open in your area. Visit the link below for more information. **Link**: addurl.gov **Image**: Include a map of local pharmacies that are open	**<Map of local, open pharmacies>**

Travel Warnings	The travel warning **to/from XXX** has been lifted. For more information visit bit.ly/addurl #EventHashtag Travel warnings still in effect for **XXX**. For more information visit bit.ly/addurl #EventHashtag	The travel warning **to/from XXX** has been lifted. For more information visit the link below. Link: addurl.gov Image: Include a map of the above area Travel warnings are still in effect for **XXX** counties. For more information visit the link below. **Link**: addurl.gov **Image**: Include a map of the above area	**<Map of travel restriction areas>**
Social Service Needs	Have a non-emergency need? Call 2-1-1 **(Or equivalent human service organization contact center in your area)** for help bit.ly/addurl #EventHashtag Check local grocery store hours for any changes #EventHashtag **<Map of local grocery stores/photo of phone numbers>** Volunteers needed to help with **XXX**. For more information go to bit.ly/addurl #EventHashtag If you are an agency that supports individuals in their homes, contact your county, call 2-1-1 **(Or equivalent human service organization contact center in your area)**, or click here www.211sepa.org #EventHashtag	Have a non-emergency need? Call 2-1-1 **(Or equivalent human service organization contact center in your area)** for help. **Link**: addurl.gov **Image**: SEPA 2-1-1 Logo Check local grocery store hours for any changes in hours. **Link**: addurl.gov **Image**: Include a map of local grocery stores/phone numbers Volunteers needed for help with **XXX**! Please contact **XXX** for more information or visit the link below **Link**: addurl.gov **Image**: Volunteers	**<Map of local grocery stores> <Hours/phone numbers to local grocery stores>**

	Retweet important messages from city/Red Cross/United Way/Salvation Army/SEPA 2-1-1	If you are an agency that supports individuals in their homes, get in touch with your county by contacting them directly, by calling 2-1-1 **(Or equivalent human service organization contact center in your area)**, or by visiting the link below. **Link**: http://www.211sepa.org/ **Image**: Add an image of 211 SEPA logo **Share important messages from the city/Red Cross/United Way/Salvation Army/SEPA 2-1-1**	
Rumor Control	**Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.** **If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.** **If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.**	**Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.** **If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.**	

http://www.cdc.gov/flu/homecare/index.htm

http://www.flu.gov/planning-preparedness/community/nextflupandemic.pdf

http://www.cdc.gov/flu/about/disease/index.htm

http://www.flu.gov/planning-preparedness/hospital/influenzaguidance.html