



Feel free to use the posts below – either “as written” or adapted to meet your company’s requirements – to promote awareness of safety guidelines and other topics related to COVID-19 on Facebook, Twitter, Instagram, or your internal communication channels.

We recommend adding an image or graphic to your post that conveys the message theme and/or your organization’s commitment to health and safety. Stock photography websites are also a good source of COVID-themed images and illustrations. You may want to add hashtags to your posts – we often use **#maskup** and **#slowthespread**.

We’ll add to the list as the pandemic evolves, so please bookmark this URL and come back later for more topical COVID-19 posts you can use. Thanks for supporting our effort to spread the word, not the virus.

Message Themes	Post Copy Options
Preventing Transmission	<ol style="list-style-type: none">1. Until most people are immunized against COVID-19, it's important to continue protecting yourself and others. Stay home as much as you can. When you're out, wear your mask, keep six or more feet away from others, and wash your hands for 20 seconds when you get home. It makes a difference.2. Did you know that 40-50% of people with COVID-19 don't have symptoms but can still spread the virus? Stay home as much as possible, even if you don't feel sick. Mask up if you must go out, and keep your distance from others.3. Ever hear the saying "focus on the things you can control?" Do your part to control the spread of COVID-19 by staying home when you can, and wearing a mask when out. It saves lives.4. Masks are our first and best line of defense against COVID-19. Wearing two masks is more effective than wearing one. According to research from the @CDC, wearing a cloth mask over a surgical mask reduces exposure to viral particles by more than 95%.5. With new variants of the coronavirus in circulation, it's important to make sure your mask works the best it can. The @CDC has a helpful guide for choosing and fitting masks for optimal effectiveness: https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html6. The COVIDaware MN app alerts you if you've come into contact with anyone – even a total stranger – who reports a positive COVID-19 test. Get notified and receive helpful tips to protect others in your family and community. Learn more at https://covidawaremn.com/7. For people who are deaf or hard of hearing, masks are as much a barrier to effective communication as they are to the virus that causes COVID-19. Wearing a clear mask is one way to help others understand you. Other solutions are described here: https://mn.gov/deaf-hard-of-hearing/communication-access/emergency/masks.jsp8. Did you know that double-masking can significantly reduce COVID-19 and slow the spread of the more contagious strains? According to new research from the @CDC, wearing a cloth mask over a surgical mask reduces exposure to viral particles by more than 95%.
Vaccines	<ol style="list-style-type: none">1. Got a question (or two or three) about COVID-19 vaccines? Minnesota’s health care organizations joined together to develop this useful FAQ: https://www.icsi.org/covid-19-vaccine-faq/ You can even sign up to receive an email alert when new information is added!2. The COVID-19 vaccine is here and "the line" is moving! Each person’s place in the line depends on his or her own situation and risk factors, but every day brings us all closer to immunity. As you wait patiently in line, don't forget to wear a mask, keep at least six feet away from others, and wash your hands frequently.

3. Now that a third COVID-19 vaccine has been approved for emergency use, you might be wondering which one is best for you. The short answer, according to Medica's senior medical director John Piatkowski, M.D., is "all of them." He notes that all the approved vaccines were subject to rigorous testing in clinical trials and were proven to be safe and effective with very minimal side effects. "The best vaccine to get is the one that's offered at your first opportunity for a vaccination appointment," he advises.
4. Did you know that quality sleep has been shown to play a role in improving antibody responses to vaccines? This means getting enough sleep before and after you are vaccinated for COVID-19 (or any other illness) can help the vaccine work in your body.
5. Do you wonder if you'll be able to choose which of the approved COVID-19 vaccines you're going to get? Medica's senior medical director, John Piatkowski, M.D., explains that you likely won't get a choice because there isn't enough vaccine for everyone who wants it. "The good news is that all of the vaccines are safe and provide strong protection against getting a serious or deadly case of COVID-19," he says.