

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
<b>01 November ♦ le 1er novembre</b>		
07:00	A Parent's Guide to Vaccination   available in 13 languages from @GovCanHealth   <a href="https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html">https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html</a> <b>#flushot #fluseason</b>	Guide sur la vaccination à l'intention des parents   disponible dans 13 langues   @GovCanHealth   <a href="https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/guide-vaccination-intention-parents.html">https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/guide-vaccination-intention-parents.html</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Is it a cold or influenza?   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2017-2018/is_it_a_cold_or_influenza_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2017-2018/is_it_a_cold_or_influenza_web_e.pdf</a> <b>#flushot #fluseason</b>	Est-ce un rhume ou la grippe?   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2017-2018/is_it_a_cold_or_influenza_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2017-2018/is_it_a_cold_or_influenza_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	It's more important than ever to reduce the spread of flu. Lower your flu risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_4_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_4_e.jpg</a> <b>#flushot #fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Réduisez votre risque d'attraper la grippe. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_4_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_4_f.jpg</a> <b>#vaccinantigrippal #saisondelagrippe</b>
<b>02 November ♦ le 2 novembre</b>		
07:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the <b>#flushot</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_e.jpg</a> <b>#fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le <b>#vaccinantigrippal</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_f.jpg</a> <b>#saisondelagrippe</b>
12:00	Lower your flu risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_5_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_5_e.jpg</a> <b>#flushot #fluseason</b>	Réduisez votre risque d'attraper la grippe. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_5_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_5_f.jpg</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the <b>#flushot</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_e.jpg</a>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le vaccin antigrippal. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm2_f.jpg</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="#">0Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm1_e.jpg</a> #fluseason	<a href="#">ads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm1_f.jpg</a> #vaccinantigrippal #saisondelagrippe
<b>03 November ♦ le 3 novembre</b>		
07:00	#Pneumococcal disease: Adults 65 and older and adults living with a chronic illness are among those at highest risk. Get immunized. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_2020_sm_seniors_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_2020_sm_seniors_e.jpg</a>	La maladie à pneumocoque : Les adultes âgés de 65 ans et plus et les personnes atteintes d'une maladie chronique sont parmi ceux qui sont à risque élevé. Faites-vous vacciner. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_2020_sm_seniors_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_2020_sm_seniors_f.jpg</a> #vaccinantigrippal #saisondelagrippe
12:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the #flushot.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster1_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster1_web_e.pdf</a> #fluseason	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le #vaccinantigrippal.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster1_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster1_web_f.pdf</a> #saisondelagrippe
18:00	Trust. Protect. Vaccines work.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster1_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster1_web_e.pdf</a> #flushot #fluseason	Confiance. Protection. Les vaccins fonctionnent.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster1_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster1_web_f.pdf</a> #vaccinantigrippal #saisondelagrippe
<b>04 November ♦ le 4 novembre</b>		
07:00	Health care professionals: It's more important than ever to reduce the spread of flu. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster8_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster8_web_e.pdf</a> #flushot #fluseason	Les professionnels de la santé : Il est plus important que jamais de réduire la propagation de la grippe. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster8_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster8_web_f.pdf</a> #vaccinantigrippal #saisondelagrippe
12:00	Calling all health care providers! Don't forget to get your #flushot: a safe and effective way to lower your flu risk. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster9_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster9_web_e.pdf</a>	Appel au personnel soignant! N'oubliez pas votre #vaccinantigrippal. C'est un moyen sûr et efficace de diminuer votre risque d'attraper la grippe. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster9_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster9_web_f.pdf</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="#">0Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm8_e.jpg #fluseason</a>	<a href="#">ds%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm8_f.jpg #saisondelagrippe</a>
18:00	The Canadian Immunization Conference is virtual this year: 01-03 December 2020.   @cic_cci   <a href="https://cic-cci.ca/">https://cic-cci.ca/</a>	Cette année, la Conférence canadienne sur l'immunisation est un événement virtuel : du 1er au 3 décembre 2020.   @cic_cci   <a href="https://cic-cci.ca/fr/">https://cic-cci.ca/fr/</a>
<b>05 November ♦ le 5 novembre</b>		
07:00	One week until <b>#WorldPneumoniaDay!</b> Protect yourself from <b>#pneumococcal</b> disease. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_e.pdf</a>	Dans une semaine : la Journée mondiale contre le <b>#pneumocoque!</b> Protégez-vous contre la maladie à pneumocoque. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_f.pdf</a> <b>#WorldPneumoniaDay</b>
12:00	Health providers have protocols in place for safe well-child visits. Call your health provider to stay on track with your child's immunizations.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Children/Keep%20immunizing%202020/keep_imm_sm_2020_1e.jpg #flushot #fluseason">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Children/Keep%20immunizing%202020/keep_imm_sm_2020_1e.jpg #flushot #fluseason</a>	Les professionnels de la santé disposent des protocoles pour assurer la sécurité de votre enfant pendant son bilan de santé. Appelez votre professionnel de la santé afin de rester à jour avec les immunisations de votre enfant.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Children/Keep%20immunizing%202020/keep_imm_sm_2020_1f.jpg #vaccinantigrippal #saisondelagrippe">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Children/Keep%20immunizing%202020/keep_imm_sm_2020_1f.jpg #vaccinantigrippal #saisondelagrippe</a>
18:00	It's more important than ever to reduce the spread of flu. Lower your flu risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_2_e.jpg #flushot #fluseason">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_2_e.jpg #flushot #fluseason</a>	Il est plus important que jamais de réduire la propagation de la grippe. Réduisez votre risque d'attraper la grippe. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_2_f.jpg #vaccinantigrippal #saisondelagrippe">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_2_f.jpg #vaccinantigrippal #saisondelagrippe</a>
<b>06 November ♦ le 6 novembre</b>		
07:00	Protect yourself. Protect others. Visit MyFluShot.ca to help you identify nearby locations where you, and the people in your care, can receive an influenza vaccine   @myflushot   <a href="https://myflushot.ca/">https://myflushot.ca/</a> <b>#flushot #fluseason</b>	Protégez-vous. Protégez les autres. Visitez MyFluShot.ca pour vous aider à identifier des zones proches où vous – et les personnes dont vous prenez soin – peuvent recevoir le vaccin antigrippal   @myflushot   <a href="https://myflushot.ca/fr/">https://myflushot.ca/fr/</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	If your child missed the HPV vaccine because of <b>#COVID19</b> , contact your local public health authority to learn how to	Si votre enfant n'a pas reçu le vaccin contre le VPH à cause de la <b>#COVID19</b> , contactez votre autorité locale de santé publique pour savoir comment fixer un

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	schedule an appointment to get immunized.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/HPV%20Campaign%202020/hpv_poster_preteens_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/HPV%20Campaign%202020/hpv_poster_preteens_2020_web_e.pdf</a> #CANADAvsHPV	rendez-vous pour qu'il ou elle puisse se faire vacciner.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/HPV%20Campaign%202020/hpv_poster_preteens_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/HPV%20Campaign%202020/hpv_poster_preteens_2020_web_f.pdf</a> #CANADAvsVPH
18:00	#DYK? The Public Health Agency of Canada recommends all Canadians over the age of 6 months get the #flushot.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_1T.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_1T.png</a> #fluseason	#LSV? L'Agence de la santé publique du Canada recommande que tous les Canadiens âgés de 6 mois et plus reçoivent le #vaccinantigrippal.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_7T_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_7T_f.png</a> #saisondelagrippe
<b>07 November ♦ le 7 novembre</b>		
07:00	It's more important than ever to reduce your risk of flu & #pneumonia. Talk to your healthcare provider about recommended vaccinations.   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_16T.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_16T.png</a> #flushot #fluseason	Il est plus important que jamais de réduire votre risque de la grippe et de la pneumonie. Parlez à votre professionnel de la santé des vaccins recommandés.   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_16F_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_16F_f.png</a> #vaccinantigrippal #saisondelagrippe
12:00	EMPOWER health and Immunize Canada are working together to make a web platform, MyFluShot.ca, freely available to the public, public health authorities and healthcare providers who deliver influenza vaccines.   @myflushot   Visit <a href="https://myflushot.ca">https://myflushot.ca</a> #flushot #fluseason	EMPOWER health et Immunisation Canada travaillent ensemble pour rendre librement accessible une plateforme Web au public, aux autorités de santé publique et aux professionnels de la santé qui administrent les vaccins antigrippaux.   @myflushot   Visitez <a href="https://myflushot.ca/fr">https://myflushot.ca/fr</a> #vaccinantigrippal #saisondelagrippe
18:00	Chronic lung diseases like asthma and COPD are risk factors for influenza and pneumonia infection. Lower your risk. Talk to your healthcare provider about recommended vaccinations.   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_2IG.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_2IG.png</a> #flushot #fluseason	Les maladies pulmonaires telles que l'asthme et la MPOC sont des facteurs à risque pour l'influenza et l'infection à pneumocoque. Diminuez votre risque. Parlez à votre professionnel de la santé des vaccins recommandés.   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG%20_2F_f_0.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG%20_2F_f_0.png</a> #vaccinantigrippal #saisondelagrippe
<b>08 November ♦ le 8 novembre</b>		

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
07:00	Influenza prevention in people with asthma   @ImmunizedotCa infographic   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_asthma_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_asthma_2020_web_e.pdf</a> #flushot #fluseason	La prévention de la grippe chez les personnes qui ont l'asthme   infographie créée par @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_asthma_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_asthma_2020_web_f.pdf</a> #vaccinantigrippal #saisondelagrippe
12:00	The CARD™ System (Comfort, Ask, Relax, Distract) provides groups of strategies that parents & caregivers can play to help their children cope with stressful situations.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Parents/Anxiety%20caregiver%20handout_Eng%2004_03_2020.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Parents/Anxiety%20caregiver%20handout_Eng%2004_03_2020.pdf</a>	Le Système CARD <sup>MC</sup> (Confort, Aide, Relaxation, Distraction) propose des « cartes » que les parents peuvent jouer pour aider leurs enfants à faire face aux situations stressantes.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Parents/Anxiety%20Caregiver%20handout_FR%20May_2020.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Parents/Anxiety%20Caregiver%20handout_FR%20May_2020.pdf</a>
18:00	Pregnant or planning to become pregnant? Lower your flu risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_1_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_1_e.jpg</a> #flushot #fluseason	Vous êtes enceinte ou vous planifiez une grossesse? Réduisez votre risque d'attraper la grippe. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_1_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_1_f.jpg</a> #vaccinantigrippal #saisondelagrippe
<b>09 November ♦ le 9 novembre</b>		
07:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the #flushot.   @Immunizedotca   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm3_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm3_e.jpg</a> #fluseason	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le #vaccinantigrippal.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm3_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm3_f.jpg</a> #vaccinantigrippal #saisondelagrippe
12:00	Immunization isn't just for kids. Adults need vaccines too.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/pictures/Campaigns/NIAW/2019/adults_need_vaccines_sm_e.jpg">https://immunize.ca/sites/default/files/pictures/Campaigns/NIAW/2019/adults_need_vaccines_sm_e.jpg</a>	La vaccination n'est pas seulement pour les enfants. Les adultes ont besoin des vaccins.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/pictures/Campaigns/NIAW/2019/adults_need_vaccines_sm_f.jpg">https://immunize.ca/sites/default/files/pictures/Campaigns/NIAW/2019/adults_need_vaccines_sm_f.jpg</a>
18:00	Is it a cold or influenza? Use @ImmunizedotCa's handy reference.	Est-ce un rhume ou la grippe? Consultez notre ressource : <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu2020_2021_sm3_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu2020_2021_sm3_e.pdf</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/isitacoldortheflu_2018_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/isitacoldortheflu_2018_e.pdf</a> #flushot #fluseason	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/isitacoldortheflu_2018_f.pdf">ds%20(PDFs)/Campaigns/Influenza/2018-2019/isitacoldortheflu_2018_f.pdf</a>   @ImmunizedotCa #vaccinantigrippal #saisondelagrippe
<b>10 November ♦ le 10 novembre</b>		
07:00	Influenza prevention in seniors   @ImmunizedotCa infographic   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_seniors_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_seniors_2020_web_e.pdf</a> #flushot #fluseason	La grippe : prévention chez les aînés   infographie créée par @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_seniors_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_seniors_2020_web_f.pdf</a> #vaccinantigrippal #saisondelagrippe
12:00	12 November is #WorldPneumoniaDay. Protect yourself from pneumococcal disease. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/pneumo2018_protect_self_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/pneumo2018_protect_self_e.jpg</a>	Le 12 novembre : la Journée mondiale contre le #pneumocoque. Protégez-vous contre la maladie à pneumocoque. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/pneumo2018_protect_self_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/pneumo2018_protect_self_f.jpg</a> #WorldPneumoniaDay
18:00	12 November is #WorldPneumoniaDay. Protect yourself against #pneumococcal disease   @ImmunizedotCa brochure   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_e.pdf</a>	Le 12 novembre : la Journée mondiale contre le #pneumocoque. Protégez-vous contre la maladie à pneumocoque   dépliant créé par @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_f.pdf</a> #WorldPneumoniaDay
<b>11 November ♦ le 11 novembre</b>		
07:00	#Pneumococcal vaccination is part of routine childhood immunizations. Talk to your family doctor, pediatrician, nurse, or local public health office about immunizing your child against pneumococcal disease. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneumococcal_2020_sm_infants_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneumococcal_2020_sm_infants_e.jpg</a> #WorldPneumoniaDay	La vaccination antipneumococcique fait partie des immunisations systématiques des enfants. Parlez à votre médecin, votre pédiatre, votre infirmière ou votre bureau local de santé publique pour faire immuniser votre enfant contre la maladie pneumococcique. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneumococcal_2020_sm_infants_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneumococcal_2020_sm_infants_f.jpg</a> #WorldPneumoniaDay

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
12:00	Take a moment to take care of yourself. Ask your doctor, nurse, pharmacist or public health office about getting immunized against flu and <b>#pneumococcal</b> disease. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_adult_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_adult_e.jpg</a> <b>#fluseason #flushot #WorldPneumoniaDay</b>	Prenez le temps de prendre soin de vous-même. Parlez des vaccins antigrippal et antipneumococcique avec votre médecin/infirmière/pharmacien/bureau de santé publique. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_adult_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_adult_f.jpg</a> <b>#vaccinantigrippal #saisondelagrippe #WorldPneumoniaDay</b>
18:00	<b>#Pneumococcal</b> disease: Adults 65 and older and adults living with a chronic illness are among those at highest risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_seniors_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_seniors_web_e.pdf</a> <b>#WorldPneumoniaDay</b>	La maladie pneumococcique : Les adultes âgés de 65 et plus et les personnes atteintes d'une maladie chronique sont parmi ceux qui sont à risque élevé. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_seniors_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_seniors_web_f.pdf</a> <b>#WorldPneumoniaDay</b>
<b>12 November ♦ le 12 novembre</b>		
07:00	Today is <b>#WorldPneumoniaDay</b> . Protect yourself from <b>#pneumococcal</b> disease: get immunized. <a href="http://www.worldpneumoniaday.org/">http://www.worldpneumoniaday.org/</a>	Aujourd'hui, c'est la Journée mondiale contre le <b>#pneumocoque</b> . Protégez-vous contre la maladie à pneumocoque : faites-vous vacciner. <a href="http://www.worldpneumoniaday.org/">http://www.worldpneumoniaday.org/</a> (site Web en anglais) <b>#WorldPneumoniaDay</b>
12:00	Protect yourself against <b>#pneumococcal</b> disease   @ImmunizedotCa brochure   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_e.pdf</a> <b>#WorldPneumoniaDay</b>	Protégez-vous contre la maladie à <b>#pneumocoque</b>   dépliant créé par @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_brochure_2020_2021_web_f.pdf</a> <b>#WorldPneumoniaDay</b>
18:00	<b>#Pneumococcal</b> disease: Children under two years of age are among those most at risk. Pneumococcal vaccination is part of routine childhood immunizations.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_infant_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_infant_web_e.pdf</a>	La maladie pneumococcique : Les enfants âgés de moins de deux ans sont parmi ceux qui sont à risque élevé. La vaccination antipneumococcique fait partie des immunisations systématiques des enfants.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_infant_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/pneu_poster_2020_infant_web_f.pdf</a> <b>#WorldPneumoniaDay</b>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="#">2021/pneu_poster_2020_infant_web_e.pdf</a> <b>#WorldPneumoniaDay</b>	
<b>13 November ♦ le 13 novembre</b>		
07:00	Trust. Protect. Vaccines work.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster2_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster2_web_e.pdf</a> <b>#flushot #fluseason</b>	Confiance. Protection. Les vaccins fonctionnent.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster2_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/trust_protect_vaccineswork_2020_poster2_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Immunizations are the most common recurring health-related procedure undertaken in childhood. For most children, these procedures can cause unnecessary stress & anxiety – but health care providers can help. <a href="https://immunize.ca/immunization-pain-management-clinician">https://immunize.ca/immunization-pain-management-clinician</a> <b>#ItDoesntHaveToHurt</b>	Les immunisations sont les procédures en soins de la santé les plus courantes et récurrentes pendant l'enfance. Pour la plupart des enfants, ces procédures peuvent causer un stress injustifié et de l'anxiété. Mais les professionnels de la santé peuvent aider. <a href="https://immunize.ca/fr/gestion-de-la-douleur-vaccination-cliniciens">https://immunize.ca/fr/gestion-de-la-douleur-vaccination-cliniciens</a> <b>#PasBesoinDeFaireMal</b>
18:00	Influenza prevention in adults   @ImmunizedotCa infographic   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_e.pdf</a> <b>#flushot #fluseason</b>	La prévention de la grippe chez les adultes   infographie créée par @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
<b>14 November ♦ le 14 novembre</b>		
07:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get your <b>#flushot</b> .   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster4_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster4_web_e.pdf</a> <b>#fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le <b>#vaccinantigrippal</b> .   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster4_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster4_web_f.pdf</a> <b>#saisondelagrippe</b>
12:00	It's more important than ever to reduce the spread of flu. Let's do our part. Talk to your doctor, nurse, pharmacist or local public health office about immunizing your children and teens with the <b>#flushot</b> .   @ImmunizedotCa	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Parlez à votre médecin, votre infirmière, votre pharmacien ou votre bureau local de santé publique pour vacciner vos enfants et adolescents avec le <b>#vaccinantigrippal</b> .



**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster5_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster5_web_e.pdf</a> #fluseason	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster5_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster5_web_f.pdf</a> #saisondelagrippe
18:00	It's more important than ever to reduce the spread of flu. People with diabetes are at risk of influenza and serious complications related to influenza. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster3_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster3_web_e.pdf</a> #flushot #fluseason	Il est plus important que jamais de réduire la propagation de la grippe. Les personnes atteintes du diabète sont à risque de l'influenza et des complications liées à l'influenza. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster3_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster3_web_f.pdf</a> #vaccinantigrippal #saisondelagrippe
<b>15 November ♦ le 15 novembre</b>		
07:00	It's more important than ever to reduce the spread of flu. Immunization against influenza is recommended for all community members 6 months and older. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster6_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster6_web_e.pdf</a> #flushot #fluseason	Il est plus important que jamais de réduire la propagation de la grippe. La vaccination antigrippale est recommandée pour tous les membres de la communauté à partir de l'âge de 6 mois. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster6_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster6_web_f.pdf</a> #vaccinantigrippal #saisondelagrippe
12:00	It's more important than ever to reduce the spread of flu. Lower your flu risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_6_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_6_e.jpg</a> #flushot #fluseason	Il est plus important que jamais de réduire la propagation de la grippe. Réduisez votre risque d'attraper la grippe. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_6_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_6_f.jpg</a> #vaccinantigrippal #saisondelagrippe
18:00	Quick tip: Schedule a visit with your healthcare provider for your flu and #pneumococcal vaccinations.   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_15F.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_15F.png</a> #flushot #fluseason	Petit conseil : Fixez un rendez-vous chez votre professionnel de la santé pour recevoir les vaccins contre la grippe et le #pneumocoque.   @AsthmaCanada et @ImmunizedotCa <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_15F.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_15F.png</a> #vaccinantigrippal #saisondelagrippe
<b>16 November ♦ le 16 novembre</b>		

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
07:00	Influenza & <b>#pneumococcal</b> : Take a moment to ask your doctor, nurse, pharmacist or local public health office about getting your kids immunized. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_child_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_child_e.jpg</a> <b>#flushot #fluseason</b>	L'influenza et le <b>#pneumocoque</b> : Prenez le temps de parler avec votre médecin, votre infirmière, votre pharmacien ou votre bureau de santé publique pour faire vacciner vos enfants. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_child_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu_pneumo_2018_child_f.jpg</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Read. Learn. Understand. Influenza 'drift' or 'shift'   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/influenza_drift_or_shift_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/influenza_drift_or_shift_e.jpg</a> <b>#flushot #fluseason</b>	Lire. Apprendre. Comprendre. Influenza : « dérive » ou « mutation »   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/influenza_drift_or_shift_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/influenza_drift_or_shift_f.jpg</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	It's more important than ever to reduce the spread of flu. Let's do our part. Talk to your doctor, nurse, or local public health office about immunizing your child with the <b>#flushot</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster7_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster7_web_e.pdf</a> <b>#fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Parlez à votre médecin, votre infirmière ou votre bureau local de santé publique pour vacciner vos enfants avec le <b>#vaccinantigrippal</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster7_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster7_web_f.pdf</a> <b>#saisondelagrippe</b>
<b>17 November ♦ le 17 novembre</b>		
07:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the <b>#flushot</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm4_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm4_e.jpg</a> <b>#fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le <b>#vaccinantigrippal</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm4_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm4_f.jpg</a> <b>#saisondelagrippe</b>
12:00	Check your province or territory's routine immunization schedule, to be sure your children's immunizations are up to date: <a href="https://www.canada.ca/en/public-health/services/provincial-territorial-immunization-information.html">https://www.canada.ca/en/public-health/services/provincial-territorial-immunization-information.html</a> <b>#flushot #fluseason</b>	Consulter le calendrier de vaccination pour votre province ou territoire, pour vous assurer que les vaccinations de vos enfants sont à jour : <a href="https://www.canada.ca/fr/sante-publique/services/renseignements-immunisation-provinces-et-territoires.html">https://www.canada.ca/fr/sante-publique/services/renseignements-immunisation-provinces-et-territoires.html</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	Protect yourself. Protect others. MyFluShot.ca is an online locator and booking service to help you identify nearby	Protégez-vous. Protégez les autres. MyFluShot.ca est un service en ligne de localisation et de prise de rendez-vous qui vous aidera à identifier des zones

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	locations where you, and the people in your care, can receive your <b>#flushot</b>   <a href="https://myflushot.ca/">https://myflushot.ca/</a> <b>#fluseason</b>	proches où vous – et les personnes dont vous prenez soin – peuvent recevoir le <b>#vaccinantigrippal</b>   <a href="https://myflushot.ca/fr">https://myflushot.ca/fr</a> <b>#saisondelagrippe</b>
<b>18 November ♦ le 18 novembre</b>		
07:00	Protected, together. Talk to your healthcare provider about recommended vaccinations.   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_6T.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_6T.png</a> <b>#fluseason #flushot</b>	Protégés, ensemble. Parlez à votre professionnel de la santé des vaccins recommandés.   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_6F_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_6F_f.png</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Influenza in the time of COVID: Hoping for the best, planning for the worst   recorded webinar, featuring Dr. Allison McGeer   @ThisIsCANVax & @ImmunizedotCa   <a href="https://youtu.be/Q5LnisTJm4E">https://youtu.be/Q5LnisTJm4E</a> <b>#fluseason #flushot #COVID19</b>	La grippe est une maladie contagieuse causée par le virus d'influenza. ACCÉSSS a produit des vidéos multilingues sur l'influenza et sur l'importance de s'en protéger.   @ACCSSS   Vidéo en <b>#français</b> : <a href="https://youtu.be/kxV9frMYIu4">https://youtu.be/kxV9frMYIu4</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	"For seniors especially, it's critical to stay out of the hospital and to maintain their health. The influenza and <b>#pneumococcal</b> vaccines are a vital part of the plan for doing this."   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_4I.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_4I.png</a> <b>#fluseason #flushot</b>	« Il est important pour les aînés d'éviter un séjour à l'hôpital et de maintenir leur santé. Les vaccins antigrippaux et antipneumococques constituent une partie vitale du plan pour atteindre ces objectifs. »   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_4IG_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_4IG_f.png</a> <b>#vaccinantigrippal #saisondelagrippe</b>
<b>19 November ♦ le 19 novembre</b>		
07:00	Pregnant or planning a pregnancy? It's more important than ever to reduce the spread of flu.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster2_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster2_web_e.pdf</a> <b>#flushot #fluseason</b>	Vous êtes enceinte ou vous prévoyez une grossesse? Il est plus important que jamais de réduire la propagation de la grippe.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster2_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_poster2_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Influenza prevention in adults   @ImmunizedotCa infographic	La prévention de la grippe chez les adultes   infographie créée par @ImmunizedotCa

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_e.pdf</a> <b>#flushot #fluseason</b>	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_adults_2020_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	Check out our infographic on influenza prevention in children!   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_children_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_children_2020_web_e.pdf</a> <b>#flushot #fluseason</b>	Allez voir notre infographie : « La prévention de la grippe chez les enfants »   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_children_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/flu_prev_children_2020_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
<b>20 November ♦ le 20 novembre</b>		
07:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the <b>#flushot</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm6_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm6_e.jpg</a> <b>#fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le <b>#vaccinantigrippal</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm6_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm6_f.jpg</a> <b>#saisondelagrippe</b>
12:00	Plan to get your <b>#flushot</b> . Get your flu shot to help save lives, and to help our healthcare system, by reducing the number of people needing to seek medical care.   @GovCanHealth   <a href="https://www.canada.ca/en/public-health/services/publications/diseases-conditions/plan-your-flu-shot.html">https://www.canada.ca/en/public-health/services/publications/diseases-conditions/plan-your-flu-shot.html</a> <b>#fluseason</b>	Planifiez votre vaccination contre la grippe, pour aider à sauver des vies, et à aider notre système de santé, en réduisant le nombre de personnes qui ont besoin de soins médicaux.   @GouvCanSante   <a href="https://www.canada.ca/fr/sante-publique/services/publications/maladies-et-affections/planifiez-votre-vaccination-contre-grippe.html">https://www.canada.ca/fr/sante-publique/services/publications/maladies-et-affections/planifiez-votre-vaccination-contre-grippe.html</a> <b>#vaccinantigrippal #saisondelagrippe</b>
18:00	Pertussis (whooping cough) immunization. Do it to protect yourself. Do it to protect others.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_e.pdf</a>	Faites-vous vacciner contre la coqueluche. Pour vous protéger. Pour protéger les autres.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_f.pdf</a>
<b>21 November ♦ le 21 novembre</b>		
07:00	It's more important than ever to reduce your risk of flu and pneumonia   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_e.pdf</a>	Il est plus important que jamais de réduire votre risque de la grippe et de la pneumonie   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pertussis/Poster/2012/pertussis_2012_f.pdf</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="#">0Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_3T.png</a> #flushot #fluseason	<a href="#">ds%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_3T_f.png</a> #vaccinantigrippal #saisondelagrippe
12:00	Share traditions, not the flu. Contact your health care or local healthcare provider to find out how to get your #flushot.   @GCIndigenous   <a href="https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_eng.pdf">https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_eng.pdf</a> #fluseason	Partagez les traditions, pas la grippe. Communiquez avec votre centre de santé ou fournisseur de soins de santé local pour savoir comment recevoir le vaccin contre la grippe.   @GCAutochtones   <a href="https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_fra.pdf">https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_fra.pdf</a> #vaccinantigrippal #saisondelagrippe
18:00	For coping with fears and anxiety: The CARD[™] System provides groups of strategies that you can play to cope with stressful situations. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Individual%20handout_Eng%2004_03_2020_v2.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Individual%20handout_Eng%2004_03_2020_v2.pdf</a> #ItDoesntHaveToHurt	Pour faire face à la peur et à l'anxiété, Le Système CARD[™] propose des « cartes » que l'on peut jouer pour faire face aux situations stressantes. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Individuals/Anxiety%20Individual%20handout_FR%20May_07_2020_v2.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Individuals/Anxiety%20Individual%20handout_FR%20May_07_2020_v2.pdf</a> #PasBesoindenFaireMal
<b>22 November ♦ le 22 novembre</b>		
07:00	Influenza is associated with increased risk of complications and hospitalization for people with COPD.   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_5T.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_5T.png</a> #flushot #fluseason	L'influenza est associé à un risque élevé de complications chez les personnes atteintes de la MPOC.   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_10F_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/LVWG_10F_f.png</a> #vaccinantigrippal #saisondelagrippe
12:00	Could you be at risk for hepatitis B?   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Hepatitis%20B/hepatitis_b_2018_adult_web_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Hepatitis%20B/hepatitis_b_2018_adult_web_e.jpg</a>	Pourriez-vous être à risque pour l'hépatite B?   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Hepatitis%20B/hepatitis_b_2018_adult_web_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Hepatitis%20B/hepatitis_b_2018_adult_web_f.jpg</a>
18:00	Vaccines work. Talk to your healthcare provider about recommended vaccines.   @AsthmaCanada & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_14T_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_14T_f.png</a>	Les vaccins fonctionnent. Parlez à votre professionnel de la santé des vaccins recommandés.   @AsthmaCanada et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_14T_f.png">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_14T_f.png</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="#">0Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/LVWG_14T.png</a>	
<b>23 November ♦ le 23 novembre</b>		
07:00	Maintaining immunization during the <b>#COVID19</b> pandemic   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_e.pdf</a>	Maintenir l'immunisation pendant la pandémie de <b>#COVID19</b>   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_f.pdf</a>
12:00	The National Advisory Committee on Immunization recommends that everyone 6 months and older get the <b>#flushot</b> . Talk to your health care provider about getting immunized. <b>#fluseason</b>	Le Comité consultatif national de l'immunisation recommande le <b>#vaccinantigrippal</b> dès l'âge de 6 mois. Demandez à votre professionnel de la santé de vous vacciner. <b>#saisondelagrippe</b>
18:00	Lower your flu risk with the <b>#flushot</b> . Get immunized.   @ImmunizedotCa   <a href="https://youtu.be/2pkuL2aABqo">https://youtu.be/2pkuL2aABqo</a> <b>#fluseason</b>	Diminuez votre risque d'attraper la grippe avec le <b>#vaccinantigrippal</b> . Faites-vous vacciner.   @ImmunizedotCa   <a href="https://youtu.be/4699llgElqQ">https://youtu.be/4699llgElqQ</a> <b>#saisondelagrippe</b>
<b>24 November ♦ le 24 novembre</b>		
07:00	Do you know the 'Story of Influenza'?   Check out @ImmunizedotCa's infographic.   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/story_of_influenza_2020_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/story_of_influenza_2020_web_e.pdf</a> <b>#flushot #fluseason</b>	Connaissez-vous l'histoire de la grippe?   Allez voir l'infographie créée par @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/story_of_influenza_2020_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/story_of_influenza_2020_web_f.pdf</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Share traditions, not the flu. Adults 65 years and older are at higher risk of complications from the flu. Protect yourself, your family, and your community.   @GCIndigenous   <a href="https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_eng.pdf">https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_eng.pdf</a> <b>#fluseason #flushot</b>	Partagez les traditions, pas la grippe. Le risque de complications de la grippe est plus élevé chez les adultes 65+. Protégez votre famille, votre communauté, et vous-même.   @GCAutochtones   <a href="https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_fra.pdf">https://www.sac-isc.gc.ca/DAM/DAM-ISC-SAC/DAM-HLTH/STAGING/texte-text/diseases-season_flu-child_1570046970273_fra.pdf</a> <b>#saisondelagrippe #vaccinantigrippal</b>
18:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the <b>#flushot</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_e.pdf</a>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le <b>#vaccinantigrippal</b> . <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Media%20and%20News%20Releases/2020/ic_smt_maintaining_imm_covid_f.pdf</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<a href="#">0Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm5_e.jpg</a> #fluseason	<a href="#">ds%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm5_f.jpg</a> #saisondelagrippe
<b>25 November ♦ le 25 novembre</b>		
07:00	For health care professionals: Refrigerator and Freezer Vaccine Storage Guidelines   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Vaccine%20Storage%20and%20Handling/Immunize%20Canada%20Guide/2016/vaccine_storage_guidelines_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Vaccine%20Storage%20and%20Handling/Immunize%20Canada%20Guide/2016/vaccine_storage_guidelines_e.pdf</a>	Pour les professionnels de la santé : Lignes directrices pour l'entreposage des vaccins dans les réfrigérateurs et les congélateurs   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Vaccine%20Storage%20and%20Handling/Immunize%20Canada%20Guide/2016/vaccinestorage_guidelines_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Vaccine%20Storage%20and%20Handling/Immunize%20Canada%20Guide/2016/vaccinestorage_guidelines_f.pdf</a>
12:00	An online module for health care professionals   Moving to acceptance: How to address vaccine hesitancy in your busy practice   recently updated by @CanPaedSociety   <a href="https://pedagogy.cps.ca/#/online-courses/777e078e-301f-403e-b1ad-8fa8e2ba876a">https://pedagogy.cps.ca/#/online-courses/777e078e-301f-403e-b1ad-8fa8e2ba876a</a>	Un module en ligne pour les professionnels de la santé   Vers l'acceptation : Comment aborder l'hésitation vaccinale dans une pratique achalandée   récemment révisé par la @SocCanPediatrie   <a href="https://cps.myabsorb.com/#/online-courses/1cc6e1a5-eb4e-472b-bb61-934e17ece518">https://cps.myabsorb.com/#/online-courses/1cc6e1a5-eb4e-472b-bb61-934e17ece518</a>
18:00	Health care professionals: It's more important than ever to reduce the spread of flu. Let's do our part. Get the #flushot. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm8_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm8_e.jpg</a> #fluseason	Les professionnels de la santé : Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le #vaccinantigrippal. <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm8_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm8_f.jpg</a> #saisondelagrippe
<b>26 November ♦ le 26 novembre</b>		
07:00	Vaccines used in Canada are safe and effective. They are developed to meet the highest standards and are continually monitored for safety and effectiveness.   @ImmunizedotCa   <a href="https://youtu.be/Y4N4_1PNtfk">https://youtu.be/Y4N4_1PNtfk</a>	Les vaccins utilisés au Canada sont sûrs et efficaces. Ils sont créés selon les normes les plus strictes, et leur innocuité et leur efficacité sont continuellement surveillées.   @ImmunizedotCa   <a href="https://youtu.be/oTECcvMGO8k">https://youtu.be/oTECcvMGO8k</a>
12:00	Adult immunization: Are you up to date? Download and print this handy record.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Adult%20Immunization%20Record/Adult_Immunization_Pocket_Card_R4_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Adult%20Immunization%20Record/Adult_Immunization_Pocket_Card_R4_e.pdf</a>	La vaccination des adultes : Votre vaccination est-elle à jour? Téléchargez et utilisez cette ressource.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Adult%20Immunization%20Record/Adult_Immunization_Pocket_Card_R4_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Adult%20Immunization%20Record/Adult_Immunization_Pocket_Card_R4_f.pdf</a> #vaccinantigrippal #saisondelagrippe

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	<b>#flushot #fluseason</b>	
18:00	There's a lot of health misinformation out there that can contribute to vaccine hesitancy. How to counter it? Matthew Johnson of @MediaSmarts shows how: <a href="https://immunize.ca/webinars">https://immunize.ca/webinars</a> (video and slides)	Il existe beaucoup de désinformation en ligne sur la santé qui peut contribuer à une réticence face à la vaccination. Comment agir contre la désinformation? Matthew Johnson (@HabiloMedias) offre de bons conseils : <a href="https://immunize.ca/fr/webinaires">https://immunize.ca/fr/webinaires</a> (vidéo en anglais, diapositives en français)
<b>27 November ♦ le 27 novembre</b>		
07:00	Questions and answers about adult immunization   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Q%20and%20A/qa_vaccines_adult_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Q%20and%20A/qa_vaccines_adult_web_e.pdf</a>	Questions et réponses au sujet de la vaccination des adultes   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Q%20and%20A/qa_vaccines_adult_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Adult%20Immunization/Q%20and%20A/qa_vaccines_adult_web_f.pdf</a>
12:00	What is community immunity?   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/community_immunity_web_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/community_immunity_web_e.jpg</a>	Qu'est-ce que l'immunité collective?   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/community_immunity_web_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/General%20Public/community_immunity_web_f.jpg</a>
18:00	Maintaining immunizations during #COVID19   @VaxAmbassadors & @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/NIAM/VA-IC%20English.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/NIAM/VA-IC%20English.pdf</a>	Maintenir les immunisations pendant la pandémie de #COVID19   @VaxAmbassadors et @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/NIAM/VA-IC%20French.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/NIAM/VA-IC%20French.pdf</a>
<b>28 November ♦ le 28 novembre</b>		
07:00	Lower your flu risk. Get immunized.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_3_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_3_e.jpg</a> <b>#flushot #fluseason</b>	Diminuez votre risque d'attraper la grippe. Faites-vous vacciner.   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_3_f.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2018-2019/flu2018_lower_your_risk_3_f.jpg</a> <b>#vaccinantigrippal #saisondelagrippe</b>
12:00	Immunize Canada is a proud member of the Vaccine Safety Net @VaccineSafetyN: a global network of websites, evaluated by the World Health Organization @WHO, that	Immunisation Canada est fière d'être membre du Réseau pour la sécurité des vaccins @VaccineSafetyN : un réseau mondial de sites Web qui sont évalués par l'Organisation mondiale de la Santé @WHO et fournissent des infos fiables sur



**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
	provide reliable information on vaccine safety. Learn more: <a href="http://www.who.int/vaccine_safety/VSN_portal/en/">http://www.who.int/vaccine_safety/VSN_portal/en/</a>	la sécurité des vaccins. En savoir plus : <a href="https://www.who.int/vaccine_safety/VSN_portal/fr/">https://www.who.int/vaccine_safety/VSN_portal/fr/</a>
18:00	For health care providers: Weekly Influenza Reports   @GovCanHealth   <a href="https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance/weekly-influenza-reports.html">https://www.canada.ca/en/public-health/services/diseases/flu-influenza/influenza-surveillance/weekly-influenza-reports.html</a> <b>#flushot #fluseason</b>	Pour les professionnels de la santé : Rapports hebdomadaires d'influenza   @GouvCanSante   <a href="https://www.canada.ca/fr/sante-publique/services/maladies/grippe-influenza/surveillance-influenza/rapports-hebdomadaires-influenza.html">https://www.canada.ca/fr/sante-publique/services/maladies/grippe-influenza/surveillance-influenza/rapports-hebdomadaires-influenza.html</a> <b>#vaccinantigrippal #saisondelagrippe</b>
<b>29 November ♦ le 29 novembre</b>		
07:00	Protect your child against rotavirus   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Rotavirus/Brochure/2016/rotavirus_brochure_2015_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Rotavirus/Brochure/2016/rotavirus_brochure_2015_web_e.pdf</a>	Protégez votre enfant contre le rotavirus   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Rotavirus/Brochure/2016/rotavirus_brochure_2015_web_f.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Rotavirus/Brochure/2016/rotavirus_brochure_2015_web_f.pdf</a>
12:00	Responding to Health Misinformation Online   video by @MediaSmarts   with speaker Matthew Johnson, Director of Education, MediaSmarts   This video will help health professionals address vaccine hesitancy   <a href="https://youtu.be/LuXazQ9-rYY">https://youtu.be/LuXazQ9-rYY</a>	Agir contre la désinformation en ligne sur la santé : présentation en anglais par @HabiloMedias   Cette vidéo aidera les professionnels de la santé à contrer la réticence face à la vaccination   <a href="https://immunize.ca/fr/webinaires">https://immunize.ca/fr/webinaires</a>
18:00	Read. Learn. Understand. A Parent's Decision to Immunize   @ImmunizedotCa   available in 5 languages   <a href="https://immunize.ca/parents">https://immunize.ca/parents</a>	Lire. Apprendre. Comprendre. La décision parentale de faire vacciner ses enfants   @ImmunizedotCa   disponible dans 5 langues   <a href="https://immunize.ca/fr/les-parents">https://immunize.ca/fr/les-parents</a>
<b>30 November ♦ le 30 novembre</b>		
07:00	During this critical time in public health, we can't afford to lose the gains made in disease prevention through vaccination.   @ImmunizedotCa	Pendant ce temps important pour la santé publique, nous ne pouvons nous permettre de perdre les gains réalisés par la vaccination sur le plan de la prévention des maladies.   @ImmunizedotCa
12:00	It's more important than ever to reduce the spread of flu. Let's do our part. Get the <b>#flushot</b> .   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm7_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm7_e.jpg</a> <b>#fluseason</b>	Il est plus important que jamais de réduire la propagation de la grippe. Faites votre part. Faites-vous vacciner avec le <b>#vaccinantigrippal</b> .   @ImmunizedotCa   <a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm7_e.jpg">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm7_e.jpg</a>

**Social Media Calendar ♦ November 2020 ♦ Influenza/pneumococcal campaign**  
**Calendrier pour médias sociaux ♦ novembre 2020 ♦ Campagne influenza/pneumocoque**

Hashtags: #flushot #fluseason #pneumococcal ♦ #vaccinantigrippal #saisondelagrippe #pneumocoque



time/heure	ENGLISH ♦ ANGLAIS	FRANÇAIS ♦ FRENCH
		<a href="#">ds%20(PDFs)/Campaigns/Influenza/2020-2021/influenza_2020_2021_sm7_f.jpg</a> #saisondelagrippe
18:00	Protect yourself. Protect others. MyFluShot.ca is an online locator and booking service to help you identify nearby locations where you, and the people in your care, can receive your <b>#flushot</b>   @myflushot   <a href="https://myflushot.ca/">https://myflushot.ca/</a> <b>#fluseason</b>	Protégez-vous. Protégez les autres. MyFluShot.ca est un service en ligne de localisation et de prise de rendez-vous qui vous aidera à identifier des zones proches où vous – et les personnes dont vous prenez soin – peuvent recevoir le <b>#vaccinantigrippal</b>   @myflushot   <a href="https://myflushot.ca/fr">https://myflushot.ca/fr</a> <b>#saisondelagrippe</b>