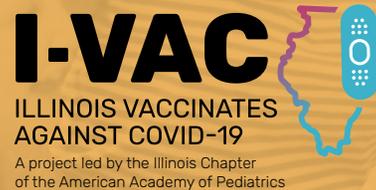


ILLINOIS SUMMER SAFETY SOCIAL MEDIA GUIDE



THANK YOU

for downloading the I-VAC Illinois Summer Safety Social Media Campaign!

Use this toolkit for quickly creating posts on Facebook, Instagram, or your other social media platforms. In addition, you can also use these assets on your website and in e-mails to patients.

This toolkit includes:

- Guidance on when to post on each platform for maximum reach
- Copiable social media post text with a custom hashtag strategy and resource URLs (where appropriate).
- Downloadable image graphics (JPGs) to pair with the social media post text

How To Use This Guide:

- 1 Review social media best practices and posting guidance in this PDF to determine the best time to post for your audience.
- 2 Find the post you'd like to share on your social media platforms in this PDF and copy the post text and hashtags.
- 3 Open the "Graphics" folder and find the corresponding image to the post you'd like to use.
- 4 Open your social media platform of choice, paste your copied text and hashtags in the posting area.
- 5 Upload the corresponding graphic and post.

Funding for this project was made possible by the Office of Disease Control, through the Illinois Department of Public Health.



Make the Most of Your Social Media Platforms

Best Practices for Identifying the Most Impactful Platforms

Each social media platform has a unique audience with equally unique engagement habits. To make the most impact with this social media toolkit, please consider the following:

There are five commonly agreed upon generations currently identified in the United States. Each of these generations leverage specific social media platforms, including:

- **Gen Z, iGen, or Centennials:** Born 1996 – TBD
 - ▷ TikTok, SnapChat, YouTube
- **Millennials or Gen Y:** Born 1977 – 1995
 - ▷ Instagram, Facebook, Pinterest
- **Generation X:** Born 1965 – 1976
 - ▷ Facebook, LinkedIn
- **Baby Boomers:** Born 1946 – 1964
 - ▷ Facebook
- **Traditionalists or Silent Generation:** Born 1945 and before
 - ▷ NA

When choosing where to post, consider your patient roster, and select the appropriate platform accordingly.

Best Practices for Hitting High-Traffic Posting Windows

Each social media platform has specific peak-traffic times based on their unique user base. If you intend to mass post across platform, it's best to choose the most highly-trafficked times. Use this data to make the most informed posting decisions.

Highest-Traffic Windows Across Platform:

7 am to 9 am CT | 1 pm to 3 pm CT | 7 pm to 9 pm CT

Highest-Traffic Days Across Platform:

Wednesday | Thursday | Tuesday | Friday

Platform Specific Posting Windows

If you are choosing to post on a single platform like Facebook, Instagram, or LinkedIn, use the timetables below to schedule your posts for maximum impact:

Facebook:

- **Monday:** 5 am to 3 pm CT
- **Tuesday:** 6 am to 3 pm CT
- **Wednesday:** 6 am to 3 pm CT
- **Thursday:** 5 am to 3 pm CT
- **Friday:** 6 am to 3 pm CT
- **Saturday:** 7 am to 2 pm
- **Sunday:** 10 am to 3 pm

Instagram:

- **Monday:** 9 am to 10 am CT
- **Tuesday:** 9 am to 10 am CT
- **Wednesday:** 5 am, 11 am, or 3 pm CT
- **Thursday:** 12 pm or 5 pm CT
- **Friday:** 9 am to 10 am or 5 pm to 6 pm CT
- **Saturday:** 8 am to 12 pm CT
- **Sunday:** 10 am to 2 pm CT

LinkedIn:

- **Monday:** 1 pm CT
- **Tuesday:** 8 am to 10 am CT
- **Wednesday:** 2 pm CT
- **Thursday:** 4 pm CT
- **Friday:** 10 am CT
- **Saturday:** 6 am to 7 am CT
- **Sunday:** 8 pm CT

POST 01



Post Copy:

We could see a new wave of COVID infections spread throughout Illinois this summer, too. Avoid a summer bummer by making sure you and your loved ones are vaccinated against COVID-19! Learn more about how you can stay safe this summer: illinoisap.org/family-immunization-resources/#anchor-vac #COVID #COVID19 #COVIDSafety #SummerSafety #IVAC #Illinois #IllinoisSafety #COVID19Vaccine #Vaccines #Immunization #Safety #HealthyIllinois

Artwork File Name:

I-VAC_SocialMedia_IllinoisSummerSafety_Post-01.jpg

POST 02



Post Copy:

COVID-19 doesn't stop when summer starts! We hope you get out there and enjoy this beautiful Illinois summer, but let's keep everyone in our state safe by taking a few easy precautions like getting your COVID vaccine! Find a vaccine near you: <https://www.vaccines.gov/> #Summertime #Summer #Illinois #SummerFun #SummerBreak #COVID19 #COVIDSafety #SummerSafety #IVAC #COVID19Vaccine #Vaccines #Immunization #Safety

Artwork File Name:

I-VAC_SocialMedia_IllinoisSummerSafety_Post-02.jpg

POST 03



DID YOU KNOW
 spending time in fresh air and open spaces helps reduce your risk of catching COVID-19?

Instead of spending summer inside, enjoy some of the best activities Illinois has to offer:

- > Neighborhood walks
- > Local hikes
- > Open air zoos
- > Nature preserves
- > Local parks
- > Open beaches
- > Camping
- > Outdoor sports

I-VAC
ILLINOIS VACCINATES AGAINST COVID-19

ILLINOIS CHAPTER
American Academy of Pediatric Immunization

Funding for this project was made possible by the Office of Disease Control, through the Illinois Department of Public Health.

Post Copy:

Keep you and your loved ones safe this summer by enjoying more time in the open air. And remember, if you're traveling to these locations or are taking advantage of all the incredible indoor activities Illinois has to offer like museums and shops, be sure to wash your hands and stay home if you are experiencing COVID-19 symptoms. If we work together, we can make sure everyone has the best summer ever! #Summertime #Summer #Illinois #SummerFun #SummerBreak #COVID19 #COVIDSafety #SummerSafety #IVAC #COVID19Vaccine #Vaccines #Immunization #Safety

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I-VAC_SocialMedia_IllinoisSummerSafety_Post-03.jpg

POST 04

COVID-19 doesn't just spread during the fall and winter!
 Keep up with regular precautions so you don't miss out!

- ✔ Remember the symptoms of COVID-19
- ✔ Get tested if you have symptoms
- ✔ Stay on track with COVID-19 vaccines
- ✔ Stay home when you are sick
- ✔ Wash your hands often



I-VAC
ILLINOIS VACCINATES AGAINST COVID-19

ILLINOIS CHAPTER
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Funding for this project was made possible by the Office of Disease Control, through the Illinois Department of Public Health.

Post Copy:

COVID-19 isn't just a fall and winter problem! We only have a few good months to enjoy this amazing weather, so don't spend your summer sick at home! Take precautions to avoid sick people, test if you have symptoms, and make sure you're vaccinated! Together, we can help everyone enjoy summer in Illinois. #Summertime #Summer #Illinois #SummerFun #SummerBreak #COVID19 #COVIDSafety #SummerSafety #IVAC #COVID19Vaccine #Vaccines #Immunization #Safety

Artwork File Name:

I-VAC_SocialMedia_IllinoisSummerSafety_Post-04.jpg

POST 05



Post Copy:

Let's help everyone have a safer, healthier summer in Illinois by keeping ourselves and our loved ones protected from COVID-19! If you experience any symptoms, test and stay home if the test is positive. When we work together, we can limit a summer surge of COVID-19 in Illinois! #Summertime #Summer #Illinois #SummerFun #SummerBreak #COVID19 #COVIDSafety #SummerSafety #IVAC #COVID19Vaccine #Vaccines #Immunization #Safety

Artwork File Name:

I-VAC_SocialMedia_IllinoisSummerSafety_Post-05.jpg

POST 06



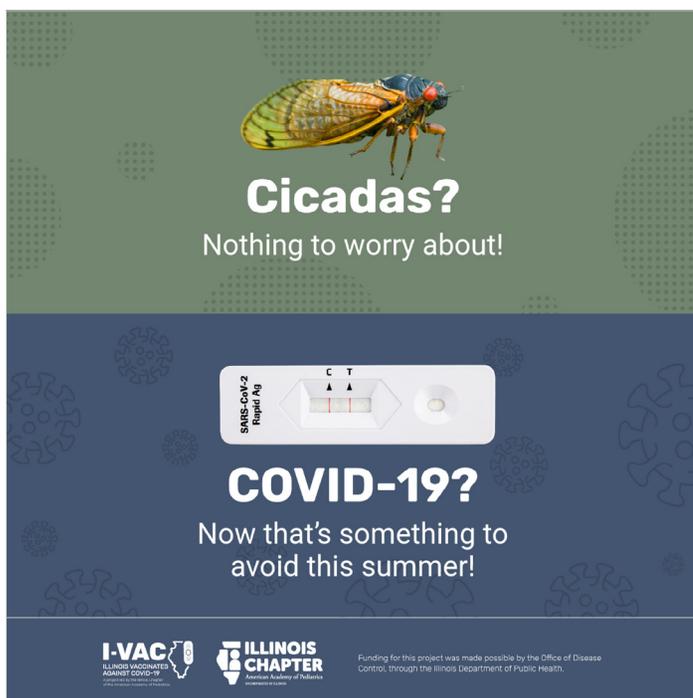
Post Copy:

When it comes to having the best summer ever, there are a few key essentials that will get you there! Remember, protect yourself from the sun, from bugs, from dehydration, and from COVID-19! #Summertime #Summer #Illinois #SummerFun #SummerBreak #COVID19 #COVIDSafety #SummerSafety #IVAC #COVID19Vaccine #Vaccines #Immunization #Safety

Artwork File Name:

I-VAC_SocialMedia_IllinoisSummerSafety_Post-06.jpg

POST 07



Post Copy:

Just like cicadas, we're coming out of our shells this summer! But let's keep our protective bubble! Make sure you are vaccinated against COVID-19 so you don't miss a single second of this summer! #Summertime #Summer #Illinois #SummerFun #SummerBreak #COVID19 #COVIDSafety #SummerSafety #IVAC #COVID19Vaccine #Vaccines #Immunization #Safety

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