

Tame It: Ready-to-Use Social Toolkit



Meet the Monsters. Let's Tame Them.

Flu, COVID-19, RSV, and pneumococcal disease can turn a normal season into something much worse. Our Tame It graphics show these illnesses as the monsters they are, and underscores how vaccination keeps them in check.

How to use Tame It materials:

1. **Download** or copy the graphics [here](#).
2. **Share** them on your channels, in newsletters, or in your office or clinic.
3. **Add your voice**, and tell your community to **#Tamelt** this respiratory season.

About NRCI

- Many people are unsure about which respiratory vaccines they need and when to get them. The National Respiratory Communications Initiative (#NRCI) brings trusted voices together to make evidence-based prevention guidance clear, consistent, and accessible. Learn more: www.Tamelt.org
- We're proud to be a part of #NRCI — a new effort aiming to help individuals, families, and healthcare professionals find, understand, and use trusted information about respiratory disease prevention. Learn more: www.Tamelt.org.

Website Amplification

- #RespiratorySeason is here. #NRCI offers clear, evidence-based information and practical resources to help individuals and families understand respiratory disease risks and how to protect themselves. For more: www.Tamelt.org
- Which respiratory #vaccines are recommended for you? The answer can depend on your age, health conditions, and vaccination history. NRCI's vaccine recommendation resource offers a

clear starting point for understanding current medical society guidance:

<https://tameit.org/respiratory-recommendations/>

- #Flu, #COVID19, and #RSV can cause similar symptoms, but what steps you take when you start to feel sick depends on a range of factors. #NRCI's decision guide offers practical information to help you respond when symptoms begin: <https://tameit.org/resource/how-to-tell-the-difference-between-flu-rsv-covid-19-and-the-common-cold/>
- Questions about #RespiratoryVaccines? You're not alone. #NRCI provides clear, practical vaccine guidance and answers to common questions about respiratory illness, prevention, and the latest leading medical society recommendations. Learn more: www.Tamelt.org
- RSV is common but can lead to severe disease and hospitalization in infants. Babies can be protected from serious illness through vaccination during pregnancy or an antibody given after birth. Check out #NRCI's website to learn more: <https://tameit.org/respiratory-recommendations/>
- Respiratory diseases can range from mild to life-threatening. Even healthy people can sometimes become seriously ill. Getting vaccinated can reduce the risk of severe illness, complications, and hospitalization. Learn more about what you can do to stay protected: www.Tamelt.org
- Respiratory vaccines help reduce the risk of severe illness, hospitalization, complications, and death — and can help minimize disruptions to work, school, caregiving, and the things you enjoy. That protection makes a meaningful difference. Learn more: www.Tamelt.org

Disease-Specific Posts

- #Flu can be more than a few days of feeling sick. Each year in the US, millions of people get sick, hundreds of thousands are hospitalized, and tens of thousands die from flu and related complications. An annual flu vaccine can help tame serious complications. #GetVaccinated to help #FightFlu and explore #NRCI resources: www.Tamelt.org
- #COVID19 still causes serious illness, hospitalizations, and deaths. Visit #NRCI's resource hub to learn more about what you can do to tame serious complications: www.Tamelt.org
- #RSV often causes cold-like symptoms — but for some, it can become serious. It's the leading cause of hospitalization among infants in the US, and can also severely affect older adults and people with certain risk factors. More from NRCI on RSV prevention: www.Tamelt.org
- #Pneumococcal disease can cause pneumonia, meningitis, and bloodstream infections. It can be serious for young children, older adults, and people with certain health conditions. Getting vaccinated can help tame serious complications. More from NRCI: www.Tamelt.org