A pink and blue background with white text

Description automatically generated

**Hep C U Later**

**Social Media Pack**

These social media posts can be used as ‘grab and drop’ posts for organisations who wish to support the global and national aim of eliminating hepatitis C ahead of the World Health Organisation’s 2030 target.

**Hep C U Later Posts for Organisations to Use on Social Media**

Audiences:

Please use the most appropriate social media posts for your audience – if you would like something specific please contact us on[**connect.HepCULater@mpft.nhs.uk**](mailto:connect.HepCULater@mpft.nhs.uk)

Key messages:

Some of the key messages can include:

* Risk factors for hepatitis C
* How to access free at home testing
* Where to access resources and information about hepatitis C

Awareness Weeks/Months:

If you would like to put out social media during awareness weeks the following global and national events can be used to schedule your posts:

* Love your liver month: January
* European Testing Week (Spring): May
* World Hepatitis Day: 28th July
* European Testing Week (Autumn): November

Tag Hep C U Later:

**Hep C U Later are on X, Facebook and Linkedin so please tag and follow us!**

X - @HepC\_U\_Later

Facebook - Hep C U Later

LinkedIn - Hep C U Later

**The following can be used for both the public and a professional audience:**

|  |  |
| --- | --- |
| **Post** | **Graphic** |
| Across England anyone over 18 can now order a free, at home, hepatitis C testing kit using the new NHS national testing portal.  Order a test now by visiting: <https://bit.ly/3Uhd5HV>  #HepCULater |  |
| Hepatitis C can cause serious liver damage if left untreated and can lead to cirrhosis or liver cancer. People can have hep C for many years before they start to feel unwell, but early treatment can help to prevent liver damage.  Find out more here - [What is hepatitis C? - HEP C U Later](https://www.hepculater.com/hep-c/)  #HepCULater |  |
| If you have hepatitis C drinking alcohol can increase the damage to your liver.  NHS England advise that if you have hep C you should try to cut down and limit your alcohol intake, read their advice here - <https://bit.ly/3SMY7bP>  #HepCULater |  |
| Do you know the risk factors which increase your risk of coming into contact with hepatitis C?  Hepatitis C can be transmitted through blood to blood contact.  Find out more on Hep C U Later’s website - <https://bit.ly/4bgaB2y>  #HepCULater |  |
| The early symptoms of hepatitis C often go un-noticed, and sometimes people do not have any symptoms at all.  If you think you could have been in contact with hep C order a test today - <https://bit.ly/3Uhd5HV>  #HepCULater |  |

**The following posts can also be used for a largely professional audience:**

|  |  |
| --- | --- |
| Are you a health and social care professional? Would you like some free CPD Accredited Training?  Click here to access Hep C U Later’s Basic Hepatitis C Awareness online training: <https://bit.ly/445LldT>  #HepCULater | C:\Users\burdea\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9A32F5BB.tmp |
| Are you a health and social care professional who would like to know more about hepatitis C?  Hep C U Later have free online and printed resources for professionals:  Order printed materials – [connect.HepCULater@moft.nhs.uk](mailto:connect.HepCULater@moft.nhs.uk)  #HepCULater | C:\Users\burdea\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\32890FFF.tmp |
| Are you a professional working in Primary Care? Hep C U Later have developed a Primary Care Toolkit for Hepatitis C for everything you need to know.  Download it here: <https://bit.ly/43TbATH>  #HepCULater | C:\Users\burdea\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\71C9965.tmp |
| Are you a professional who would like to know more about hepatitis C? You can sign up to the Hep C U Later newsletter to access free resources, podcasts & the latest progress towards eliminating the virus in England  [Register to our newsletter (office.com)](https://forms.office.com/pages/responsepage.aspx?id=V2N9w4vIa0K2gN-BZqhu1_UDYtIxt_9Cmz4zH2xrAR5UMzFaM1FaRjZQMEVXQzU5R1hZVk0xNFJJMS4u)  #HepCULater | C:\Users\burdea\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A9F4D281.tmp |

**Need something else? Contact** [Connect.HepCULater@mpft.nhs.uk](mailto:Connect.HepCULater@mpft.nhs.uk)