

The following information about self-care and International Self-Care Day is made available by Consumer Health Products Canada. We encourage you to include this information in your messages to your audiences.

Suggested Social Media Messages

www.chpcanada.ca Twitter: @CHP_Can Hashtags: #selfcare

- July 24 is International Self-Care Day. Canadians practice #selfcare when they brush their teeth, apply sunscreen and treat a bug bite [137 characters]
- What does #selfcare look like to you? Post your video here! [62 characters]
- What does #selfcare look like to you? Here is what it looks like to us + [link] [110 characters]
- Trying to manage your health? Discuss #selfcare options at your next visit with your doctor, pharmacist or other healthcare provider. [136 characters]
- Looking for health information online? Make sure what you read is from a reputable site. #selfcare #cdnhealth. [112 characters]
- Using over-the-counter medicines to practice #selfcare and manage your cold, allergies, headache? Read & follow the label directions! [135 characters]
- Going outside? Apply sunscreen 20 min before + once every 2 hrs after that or sooner if you're swimming/sweating #selfcare [125 characters]
- Giving children over-the-counter medicines in liquid form? Only use oral syringes or dosage spoons to get accurate amount. #selfcare [134 characters]
- Itchy bug bites? What's your #selfcare remedy? [49 characters]
- Got your exercise today? Congratulations. That what we call #self-care [71 characters]
- Got a stubborn headache? Don't double up on over-the-counter medicine or use more than recommended dose. #selfcare [117 characters]

For more information:

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