**Social media toolkit 2025**

**National Injury Prevention Day in Iowa**

*Use one or more of these messages in your social media posts along with the images provided. Please include the hashtag* ***#BeInjuryFree****.*

1. Unintentional injuries are the leading cause of death for Iowans ages 1-44. Let’s work together to prevent these tragedies. **#BeInjuryFree**
2. Every year, over 2,450 Iowans lose their lives due to preventable injuries. Join us in spreading awareness this National Injury Prevention Day. **#BeInjuryFree**
3. Did you know? Injury-related hospital stays cost Iowans up to $61,400 on average. Preventing injuries means saving lives and reducing costs. **#BeInjuryFree**
4. Join us in observing National Injury Prevention Day to spread awareness about injury prevention and make Iowa a safer place. **#BeInjuryFree**

ALT text for images

(use this in your ALT text for images to improve accessibility)

National Injury Prevention Day, November 18, 2025. Join us as we shine a green light on injury prevention in Iowa! Unintentional injuries are the leading cause of death for Iowans ages 1-44. Graphics are decorative.