**Social media assets for Crohn’s & Colitis UK’s public awareness (Cut the Crap) campaign**

To raise awareness of Crohn’s and Colitis please use the suggested wording and images below, which will direct your constituents to our online symptom checker.

**English Version**

**Suggested text:** Stomach pain, diarrhoea or blood in poo, amongst other symptoms, can be a sign of Crohn’s or Colitis. Even if the symptoms come and go every few weeks or months, and even if you don’t have all the symptoms. #CutTheCrap. Use the symptom checker today. [http://crohnsandcolitis.org.uk/symptomchecker](https://t.co/RLov7OlU51)

[[[[[Image 1: Gotta go again?](https://crohnsandcolitis.org.uk/media/hixhwbup/cut-the-crap-instagram-square-1-1080x1080px.jpg)](https://crohnsandcolitis.org.uk/media/4xjjuoqa/cut-the-crap-instagram-square-3-1080x1080px_instagram-square-1-1080x1080px.jpg)](https://crohnsandcolitis.org.uk/media/4xjjuoqa/cut-the-crap-instagram-square-3-1080x1080px_instagram-square-1-1080x1080px.jpg)](https://crohnsandcolitis.org.uk/media/hixhwbup/cut-the-crap-instagram-square-1-1080x1080px.jpg)](https://crohnsandcolitis.org.uk/media/zl0ea1or/cut-the-crap-instagram-square-1-1080x1080px.jpg)

[Image 2: Toilet trips taking over?](https://crohnsandcolitis.org.uk/media/1cbp1nur/cut-the-crap-instagram-square-3-1080x1080px.jpg)

**Welsh Version**

**Suggested text:** Gall poen yn eich stumog, dolur rhydd neu waed yn eich ysgarthion fod yn arwydd o Glefyd Crohn a Cholitis. Hyd yn oed os yw'r symptomau'n mynd a dod bob ychydig wythnosau neu fisoedd. #CutTheCrap. Defnyddiwch ein gwiriwr symptomau heddiw. [www.crohnsandcolitis.org.uk/symptomchecker](http://www.crohnsandcolitis.org.uk/symptomchecker)

[Image 1: Angen lle chwech eto?](https://crohnsandcolitis.org.uk/media/cryc4add/gotta-go-again-instagram-square-welsh.jpg)

[Image 2: Mynd I’r tŷ bach yn ormodol?](https://crohnsandcolitis.org.uk/media/ybjhgedx/toilet-trips-taking-over-instagram-square-welsh.jpg)

**Social media assets for Crohn’s & Colitis UK’s early diagnosis campaign**

To tweet your support for our early diagnosis campaign, please use the suggested working and images below, which will direct your constituents to our pledge page.

**English Version**

**Suggested text:** I back @CrohnsColitisUK’s call for early diagnosis. We need urgent action to reduce the burden of Crohn’s and Colitis on patients and the NHS. Pledge your support 

[People are waiting too long to be diagnosed with Crohn's and Colitis | Crohn’s & Colitis UK (crohnsandcolitis.org.uk)](https://action.crohnsandcolitis.org.uk/early-diagnosis-pledge)

[Image 1: I back Crohn’s & Colitis UK’s call for early diagnosis](https://crohnsandcolitis.org.uk/media/yl0eaee0/back-our-call-post-latest.png)

**Welsh Version**

**Suggested text:** Rwy’n cefnogi galwad @CrohnsColitisUK am ddiagnosis cynnar. Mae angen gweithredu ar frys i leihau baich Clefyd Crohn a Colitis ar gleifion a’r GIG. Addunedwch eich cefnogaeth 

[People are waiting too long to be diagnosed with Crohn's and Colitis | Crohn’s & Colitis UK (crohnsandcolitis.org.uk)](https://action.crohnsandcolitis.org.uk/early-diagnosis-pledge)

[Image 1: Rwy’n cefnogi galwad Crohn’s & Colitis UK’s am ddiagnosis cynnar](https://crohnsandcolitis.org.uk/media/1avnbr1a/back-our-call-latest-welsh.png)