**Facebook Posts**

**COVID-19**

Now that school is out for the summer, it is the perfect time for your family to get outside and play! Here are some tips to help you and your children get a healthy dose of outdoor time while practicing social distancing this summer.

<https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Getting-Children-Outside.aspx>

T​o protect ourselves and others from COVID-19, the CDC recommends cloth facemasks be worn in public. But only for children over the age of 2! Check out these frequently asked questions about cloth facemasks and children during the COVID-19 pandemic.

<https://healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>

You may have heard on the news that there is a possible connection between COVID-19 and a rare but ​serious health condition in children called Multi-System Inflammatory Syndrome in Children (MIS-C). Find out what to do if you think your child might have MIS-C.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

Parents: Check out these tips for getting kids used to seeing and wearing face masks.<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/helping-kids-get-used-to-seeing-and-wearing-masks>

**Back to School: Immunizations**

***\*Please be aware that social media posts about immunizations may result in some negative comments from parents/followers***

Back to school time means making sure your child is getting all of the recommended vaccines! Is your child getting ready for Kindergarten? See what vaccines they should be getting at their doctor this year. Call our office today to schedule your appointment!

<https://www.cdc.gov/vaccines/parents/by-age/years-4-6.html>

Back to school time means making sure your child is getting all of the recommended vaccines! There are 4 vaccines that are recommended for your pre-teen as they are getting ready to go back to middle school. Call our office today to schedule your appointment!

<https://www.cdc.gov/vaccines/parents/by-age/years-11-12.html>

Back to school time means making sure your teenager is getting all of their recommended vaccines! There are a few vaccines that your teenager should be getting before they go back to high school or off to college. Call our office today to schedule your appointment!

<https://www.cdc.gov/vaccines/parents/by-age/years-13-18.html>

The American Academy of Pediatrics (AAP) urges that all children receive immunizations following the recommended schedule, set by the CDC. The science is overwhelming that vaccines are safe and effective. See an important message about immunizations from the AAP here:

<https://healthychildren.org/English/safety-prevention/immunizations/Pages/An-Important-Immunization-Message-from-the-President-of-the-American-Academy-of-Pediatrics.aspx>

What happens during a well-child visit? Kids grow up so quickly, and it is important to keep an eye on their wellness each year. Read more about what to expect at your child’s yearly checkup.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2016/12/what-to-expect-at-your-childs-well-child-appointment>

**Home Safety**

Household disinfectants should NOT be used to treat COVID-19. Here’s what parents and caregivers need to know about this myth:<https://healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Can-household-disinfectants-be-used-to-treat-COVID-19.aspx>

50% of accidental injuries occur in or around our homes. Take steps to help prevent your child from accidental injuries. Download the Make Safe Happen app for safety advice for every room in your house. <https://makesafehappen.com/get-the-app>

90% of poisonings happen in our own homes. Poisons such as household cleaners and medicines should be locked up or stored safely, away from your child’s reach. Check out these safety tips: <https://makesafehappen.com/articles/household-poisoning>

Poison Centers manage over 17,000 hand sanitizer exposures in children 12 and under each year. This popular germ-fighting product can be incredibly harmful if swallowed. Here is what parents need to know: <https://makesafehappen.com/articles/hand-sanitizer>

Are all of your medicines stored safely? Approximately 50,000 children go to the emergency room each year because they got into medications that were left within reach.

<https://www.upandaway.org/>

Do you know how to safely store and dispose of your medications? Safe storage and disposal of medicines can help keep your children from accidental poisonings in your home. You can find a medication drop box near you, take advantage of a drug take-back program in your community, or safely dispose of them at home.

<https://generationrx.org/learn/storageanddisposal/>

**Twitter Posts**

**COVID-19**

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**Home Safety**

Household disinfectants should NOT be used to treat #COVID19. Household disinfectant products such as bleach are poisonous and should never be used on or in our bodies. <https://healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Can-household-disinfectants-be-used-to-treat-COVID-19.aspx>

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90% of poisonings happen in our own homes. Poisons such as household cleaners and medicines should be locked up and stored safely. #MakeSafeHappen <https://makesafehappen.com/articles/household-poisoning>

Hand sanitizer is one of the most popular germ-fighting products out there, but it can be really dangerous if kids swallow it. Each year, Poison Centers manage over 17,000 hand sanitizer exposures in children 12 years and younger. #MakeSafeHappen <https://makesafehappen.com/articles/hand-sanitizer>

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