**Facebook Posts**

**Health Information on COVID-19**

Clean hands help prevent the flu! Watch this video by the CDC to see the best way to wash your hands to help prevent the spread of diseases.

<https://www.youtube.com/watch?v=XHISh559oho&feature=youtu.be>

Masks help to slow the spread of COVID-19. Make sure you are wearing your mask correctly to protect yourself and others.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

Germs are everywhere. Make handwashing with soap and water a healthy habit to protect yourself and your family from getting sick. #KeepHandsClean

<https://www.cdc.gov/handwashing/>

Is it safe to Trick-or-Treat during the pandemic? Follow these tips to keep your family safe and healthy during Halloween activities.

<https://www.goodhousekeeping.com/holidays/halloween-ideas/a33826132/halloween-trick-or-treating-health-safety/>

**Flu shots**

Flu season is approaching quickly. Parents can help prevent and slow the spread of the [flu](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx). Here’s how: <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Preventing-the-Flu-Resources-for-Parents-Child-Care-Providers.aspx>

Don’t wait to get vaccinated! Both the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) want as many children as possible to get a flu vaccine each and every year.

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Prepare-Your-Family-for-Flu-Season.aspx>

Who should get the flu shot this season? The CDC recommends everyone 6 months and older should get a flu vaccine every year.

<https://www.cdc.gov/flu/pdf/freeresources/general/strong-defense-against-flu.pdf>

Getting a flu vaccine is more important than ever to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. Here are other ways to help prevent the flu: <https://www.cdc.gov/flu/season/protect-your-health.html>

The single best way to prevent the seasonal flu is to get vaccinated each year. But good health habits can help, too! Here are 6 ways to help prevent the seasonal flu: <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

It’s flu season – follow these tips to help keep you from getting sick: Wash your hands, cough and sneeze into your sleeve, get a flu shot, and stay home if you’re sick.

<https://odh.ohio.gov/wps/wcm/connect/gov/ff44e679-008c-4327-a1d6-ba4e22ada3a6/Tips-for-Preventing-Flu-Kids.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-ff44e679-008c-4327-a1d6-ba4e22ada3a6-mvhIhiO>

**Back to School & Pre-participation Screening for Sports**

Dr. Mike’s new Pediacast episode talks about going back to school amidst COVID-19, in-person vs. remote learning models, viral testing, quarantining and more! Listen here:

<https://www.pediacast.org/back-school-covid-pediacast-471/>

Is your child retuning to high school sports this year? A pre-participation physical exam is required by OHSAA. Call our office today to schedule your appointment.

<https://ohsaa.org/medicine/physicalexamform>

If your child has been diagnosed with COVID-19, you might need to take some extra caution to make sure it’s safe for them to return to sports. Here’s what parents need to know:

<https://www.chop.edu/news/health-tip/returning-to-sports-after-a-covid-19-Infection>

You have probably been hearing a lot of different information about how COVID-19 affects children. While more research is still needed to better understand COVID-19 in children and adolescents, several recent studies offer some helpful insights. Below are a few important things to keep in mind as we head toward the school year.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/08/kids-and-covid-19-back-to-school-during-a-pandemic>

The COVID-19 pandemic has changed school for most children, but it is especially challenging for children with special education needs. Here’s how parent can help advocate for their child:

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/08/covid-19-and-special-education-back-to-school-ieps-504-plans>

As your child navigates remote or hybrid learning, here are 6 tips to help the school year go smoothly.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/08/tips-for-students-in-the-age-of-online-learning>

We know school is going to look different this year. COVID-19 can change whatever model we’re returning to school in a moment’s notice. Whether you’re returning to school in-person, using a hybrid approach, or learning online, we’ve got resources to help you maintain a positive outlook and take on this school year with confidence!

<https://onoursleeves.org/find-help/tools-for-you/back-to-school-guide#getting-ready>

CAP4Kids has a lot of great resources for your family as the school semester starts! Find resources to help you kids learn from home here:

<https://cap4kids.org/columbus/coronavirus/>

Milestones Autism Resources has created a COVID-19 hub for tips, updates and information for your family, including resources on how to homeschool children with autism this semester.

<https://www.milestones.org/resources/covid-19-resources-for-families>

**Doctors’ Appointments and COVID-19**

Find out why seeing a pediatric primary care provider (PCP) - a physician or nurse practitioner who knows your child best - is crucial to your child’s health. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2018/07/importance-of-having-a-relationship-with-your-childs-pediatrician>

Why do kids need to go to the doctor so often? Our expert shares 3 reasons why well child visits are so important. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2019/12/why-do-kids-need-to-go-to-the-doctor-so-often>

Parents: Here are 5 things to know before taking your kids to the doctor during COVID-19. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/07/5-things-to-know-before-taking-your-kids-to-the-doctor-during-covid-19>

Should I bring my child to the doctor during the COVID-19 pandemic? Yes! Here's why: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/keeping-children-healthy-the-importance-of-well-visits>

**Voting**

Are you registered to vote? The deadline to register is October 5. Find info on how to register to vote, request an absentee ballot, your polling location and more. <https://www.ohiosos.gov/elections/voters/>

**Twitter Posts**

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You have probably been hearing a lot of different information about how #COVID19 affects children. Below are a few important things to keep in mind as we head toward the school year. #backtoschool

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As kids are heading back to school, here are 6 tips to make sure online learning goes smoothly. #parentingtips #backtoschool

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Are you ready for Election Day? Get registered to vote today! <https://www.ohiosos.gov/elections/voters/>