**Facebook Posts**

**Holiday Safety during COVID-19**

As holiday season is approaching, the CDC offers considerations to help protect us from COVID-19.

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

Dressing up for Halloween? A costume mask is not a substitute for a cloth face mask, unless it is made of 2 or more layers of breathable fabric that covers your mouth and nose. Find out more about face masks:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Parents: Make sure that your family is following state and local guidelines when planning your Halloween festivities. Here are tips for celebrating safely this season:

<https://coronavirus.ohio.gov/static/responsible/celebrating-halloween.pdf>

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/>

You can still celebrate Halloween with low-risk activities, like carving pumpkins at home, decorating your home, having a virtual costume contest, or staying home and watching scary movies! How are you celebrating?

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#fall-celebrations

Thanksgiving will be here soon! You can celebrate the holiday with lower risk activities like having a small family dinner, having a virtual dinner with friends, watching sports and parades from home, and starting your holiday shopping online. What are your Thanksgiving plans?

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#fall-celebrations

Some Halloween traditions may look different this year to keep everyone safe during COVID-19. There are still plenty of ways families can have fun while avoiding the scare of spreading the virus. Check out these tips:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Halloween-COVID-Safety-Tips.aspx>

**Burns Prevention in your Home**

Scalding burns from hot bathtub water can be serious injuries for your young children. Here are some ways to prevent them from happening: <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Bathroom-Safety.aspx>

Fall weather is here, so you might be turning on your fireplaces and space heaters! Be sure to keep your young children safe by keeping them away from fireplaces, space heaters, or stoves. Keep a fire extinguisher inside the house and teach your family when and how to use it.

<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Fireplace-Safety_Tips.aspx>

Visits to the hospital for burn-related injuries have been on the rise in 2020. Burns can be serious at any age but infants and toddlers are at higher risk for burn injuries. Here’s how you can prevent them from happening in your home:

<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/burn-prevention-infant-and-toddler>

**Flu Vaccines**

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 COVID-19. Columbus Public Health has free flu shot clinics in October. <https://www.columbus.gov/publichealth/programs/Seasonal-Flu-Prevention/Flu-Shot-Clinics/?utm_source=Cap4Kids+E-Tips&utm_campaign=42797f546f-CAP4Kids+October+2020&utm_medium=email&utm_term=0_af84957ec2-42797f546f-%5BLIST_EMAIL_ID%5D&ct=t%28CAP4Kids+October+2020%29>

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>

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>

**Going to the doctor during COVID-19**

To eliminate needing multiple visits at the doctor, make sure to ask about your child’s immunization and well care status at your next visit! Your doctor may be able to combine your child’s sick visit or medication check with a well care visit.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/keeping-children-healthy-the-importance-of-well-visits>

Doctor’s appointments are becoming available in-person again as COVID-19 stay at home orders are relaxing. There are many options for getting the medical care your child needs in a safe way. These tips can help you make informed decisions along with your child’s doctor about how and when to resume in-person care.

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

**Twitter Posts**

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Make sure that your family is following state and local guidelines when planning your #Halloween festivities. Here’s how to celebrate responsibly.

<https://coronavirus.ohio.gov/static/responsible/celebrating-halloween.pdf>

Is it safe to Trick-or-Treat during the pandemic? #Halloween #COVID19

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