**Facebook Posts**

**Flu Shots**

How to avoid a “twindemic” – do your part to avoid a flu epidemic on top of the COVID-19 pandemic. Keep your family and community healthy by getting vaccinated today!

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>

It's that time of year again― flu season! The flu can be a very serious illness. With the COVID-19​ pandemic this year, it is even more important to protect your child from viruses like influenza. ​​​As a parent, the best thing you can do to protect your children from the flu is to get them vaccinated.

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

There are many ways to help prevent and slow the spread of the flu this winter. Make sure to get a flu shot, wash your hands often and stay home when you are sick.

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Preventing-the-Flu-Resources-for-Parents-Child-Care-Providers.aspx>

Listen to PediaCast! A simple flu shot can save your life. PediaCast and the CDC team up to bring you the latest information regarding influenza, including what to expect this flu season, signs and symptoms of the disease, diagnosis, treatment and prevention.

<https://www.pediacast.org/influenza-flu-shots-pediacast-443/>

**Immunizations and well care**

Are your kids protected from cancer caused by HPV? Preteens and teens need the HPV vaccine to prevent HPV-related cancers later in life. The AAP recommends that children get the vaccine series starting at age 11.

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Are-Your-Kids-Protected-from-Cancer-Caused-by-HPV.aspx>

Listen to PediaCast! Well child checkups are important - even during a pandemic. We explore immunizations, growth and development and guidance offered for each age group. Also: tips for a safe visit with your child’s medical provider.

<https://www.pediacast.org/importance-well-checks-pediacast-465/>

Parents know who they should go to when their child is sick, but pediatrician visits are just as important for healthy children. The AAP has developed a schedule of recommended well care visits from infancy through adolescence.

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

**When to go to the doctor vs. Urgent Care vs. Emergency Department**

​Seeing a pediatric primary care provider (PCP) is important for your child’s health. Your child’s doctor’s office should be where you start with questions about their health. This is especially true now as we navigate COVID-19 and the changes we are experiencing in our community.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2018/07/importance-of-having-a-relationship-with-your-childs-pediatrician>

It is rare for children to become seriously ill with no warning. Depending on your child's symptoms, you should usually contact your child's doctor for advice. Discuss with your child's doctor in advance what you should do and where you should go in case of an emergency.

<https://www.healthychildren.org/English/family-life/health-management/Pages/Is-It-a-Medical-Emergency-or-Not.aspx>

​When your child is sick or hurt, it can be difficult to tell whether an urgent care or emergency department is the best choice. When making that decision, it is important to stay calm and recognize the difference between a [medical emergency](https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/When-Your-Child-Needs-Emergency-Medical-Services.aspx) and a situation where a different type of care may be better.

<https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/When-Your-Child-Needs-Emergency-Medical-Services.aspx>

​​Nearly 30 million children visit the ER each year in the United States. Here are 10 tips to help you know what to expect.

<https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/10-Things-for-Parents-to-Know-Before-Heading-to-the-ER.aspx>

**COVID-19 Holiday Safety**

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Choose low risk activities like having a small dinner with only people who live in your household or watching sports events, parades and movies at home.

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

The holidays are approaching, and many families will be traveling to visit family and friends. Be sure to travel safely this season and take precautions to limit the spread of COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html>

Before traveling and gathering with family and friends this holiday season, be sure to check the Ohio Public Health Advisory System map. This map will show you what counties have a high incidence of COVID-19, and help your family make safe decisions when celebrating.

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/public-health-advisory-system>

**COVID-19 Resources**

Given the rise in COVID-19 cases, many schools are continuing with remote learning. Check out this program to provide K-12 students and their families with low-cost internet access.

<https://www.morpc.org/broadband/?utm_source=Cap4Kids+E-Tips&utm_campaign=c981b08e61-CAP4Kids+November+2020&utm_medium=email&utm_term=0_af84957ec2-c981b08e61-%5BLIST_EMAIL_ID%5D&ct=t%28CAP4Kids+November+2020%29>

Winter weather is fast approaching. Check out these resources to get ready for the cold weather and high heating bills.

<https://cap4kids.org/columbus/housing/emergency-assistance/?utm_source=Cap4Kids+E-Tips&utm_campaign=c981b08e61-CAP4Kids+November+2020&utm_medium=email&utm_term=0_af84957ec2-c981b08e61-%5BLIST_EMAIL_ID%5D&ct=t%28CAP4Kids+November+2020%29>

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Urgent Care or Emergency Room? Find out which is best for your child.

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