

Social Media Toolkit

April 2021

Adjusting to Back to School & Mental Health, Travel Safety, COVID Updates

FACEBOOK

Back to School, Mental Health & Coping for Your Family

Did your child head back to school in person recently? Many Ohio schools started reopening for in-person instruction in March. Use this list of back-to-school conversation starters for your family, like “What is the best thing about school?” <http://bit.ly/3cI0YMU>

One in five teens has had a mental health disorder that causes impairment in their ability to function. But there are ways that parents can spot early warning signs and help address their child’s needs. Talking to your kids about mental health can be one of the most important conversations you can have with them. <http://bit.ly/3vEpFST>

Need help finding mental health resources? For crisis situations that are not life-threatening, use this tool to find mental and behavioral health resources throughout Ohio. While these resources are general, the best resource is your family’s medical provider. If you are in a life-threatening situation, call 9-1-1 or go to an emergency room. <http://bit.ly/3ePA6gx>

It has been more than a year since the COVID-19 pandemic began, and the challenges with adjusting to new daily routines still exist. Here are some resources that may help your family with coping and self-care during the pandemic. <http://bit.ly/3s6iyAI>

Are your kids heading back to school this spring? School during COVID-19 might not feel like normal yet, but it continues to require everyone's support to make sure that it is healthy, safe, and equitable for students, teachers, staff, and families. <http://bit.ly/3s6iH7e>

As kids are heading back to the classroom this spring, make sure your family has the tools in place for a successful transition! Check out the CDC’s Back to School Planning resource. <http://bit.ly/3bWk16W>

Travel Safety this Spring & Summer

Is it safe for your family to travel this year? If you are considering a family getaway in coming months, here are some points to consider. <http://bit.ly/3cN5ee0>

As the weather warms up, many families might be looking forward to vacationing to the beach! It’s important to keep COVID-19 precautions in mind as you plan your beach vacation. In or out of the water, stay at least 6 feet away from people you don’t live with. <http://bit.ly/2P3P0VJ>

If your family is planning on traveling this year, take steps to protect yourself and others: Get fully vaccinated if eligible, get a COVID-19 test before you go, wear a mask when in public, avoid crowds and stay at least 6 feet apart, get a COVID test after your trip and stay home for 7 days. Remember to follow all state and local recommendations before and after travel. <http://bit.ly/2P6qDq6>

COVID-19 Updates

CAP4Kids continues to keep local resources for you and your family updated. If you need support during the COVID-19 pandemic, find resources here: <https://cap4kids.org/columbus/coronavirus/>

When can children get the COVID-19 vaccine? Vaccines are becoming more readily available to adults (ages 16+ years) in Ohio, and we are already seeing the positive impact that it is having on the spread of COVID-19. Clinical trials for younger teens and children are under way. <http://bit.ly/2P3P8ob>

When can my child get a COVID-19 vaccine? Vaccine trials are now enrolling younger adolescents, though approval for use in children is likely still many months away. Stay up to date with new information as it becomes available. <https://bit.ly/3lu2C8z>

TWITTER

Back to School, Mental Health & Coping for Your Family

Did your child head back to school in person recently? Use this list of back-to-school conversation starters for your family. <http://bit.ly/3cI0YMU> #OnOurSleeves

One in five teens has had a mental health disorder that causes impairment in their ability to function. Talking to your kids about mental health can be one of the most important conversations you can have. <http://bit.ly/3vEpFST> #OnOurSleeves

Need help finding #MentalHealth resources? Use this tool to find resources throughout Ohio. If you are in a life-threatening situation, call 9-1-1 or go to an emergency department. <http://bit.ly/3ePA6gx> #OnOurSleeves

It has been over a year since the COVID-19 pandemic began, and the challenges with adjusting to new daily routines still exist. <http://bit.ly/3s6iyAI> #OnOurSleeves

Are your kids heading back to school this spring? Going back to school requires everyone's support to make sure that it is healthy, safe, and equitable for students, teachers, staff, and families. <http://bit.ly/3s6iH7e>

As kids are heading back to the classroom this spring, make sure your family has the tools in place for a successful transition back. <http://bit.ly/3bWk16W>

Travel Safety this Spring & Summer

Is it safe for your family to travel this year? Find out. <http://bit.ly/3cN5ee0>

As the weather warms up, many families might be looking forward to vacationing to the beach! In or out of the water, stay at least 6 feet away from people you don't live with. <http://bit.ly/2P3P0VJ>

If your family is planning on traveling this year, take steps to protect yourself and others. <http://bit.ly/2P6qDq6>

COVID-19 Updates

If your family needs resources or support during the COVID-19 pandemic, @Cap4Kids has created a helpful guide. Check it out. <https://cap4kids.org/columbus/coronavirus/>

When can children get the COVID-19 vaccine? <http://bit.ly/2P3P8ob>

When can my child get a COVID-19 vaccine? Stay up to date with new information as it becomes available. <https://bit.ly/3lu2C8z>



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