

Social Media Toolkit

July 2021

Social media & internet safety, Back to School Immunizations, COVID Vaccines for Children & Adolescents, Heat Stroke/Heat-Related Illnesses

FACEBOOK

COVID Vaccines for Children and Teens

CDC recommends everyone 12 years and older should get a COVID-19 vaccination to help protect against COVID-19. People who are fully vaccinated can resume activities that they did prior to the pandemic. Learn more about what you and your child or teen can do when you have been fully vaccinated. <https://bit.ly/2UvUETb>

If you are fully vaccinated, you can resume activities that you did prior to the pandemic. Based on what is known about COVID-19 vaccines, the CDC has shared that people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. <https://bit.ly/2UA6FqR>

Since March of 2020, most of us have been wondering, “When will things return to normal?” As the COVID-19 vaccine becomes available for younger kids, you may be on the fence about whether to get your child vaccinated. Here are just a few reasons why you should vaccinate your child. <https://bit.ly/3zQuk6n>

Learn. Understand. Decide. The COVID-19 vaccine is our shot at a healthier tomorrow. If you’re deciding if the vaccine is right for you, don’t miss your shot to learn the facts: There are no live viruses in the COVID-19 vaccine. You cannot get COVID-19 from the authorized vaccinations. COVID-19 vaccines do not interact with your DNA in any way. Getting vaccinated protects you—and those around you. <https://bit.ly/2SAbFec>

Learn more. Know more. Ending this pandemic is a group effort and we need to use every tool available. The COVID-19 vaccine is a safe, effective way to protect our families, and communities. If people don’t get the virus, they don’t spread the virus—which is why vaccination is so important to end the COVID-19 pandemic. The approved vaccines don’t use any form of COVID-19 nor impact DNA. <https://bit.ly/2SAbFec>

Back to School Immunizations

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

Starting School? From ages 4 through 6, your child needs additional doses of some vaccines, as well as a flu vaccine every year. If your child has missed any vaccines, work with your doctor to make sure they get caught up. Schedule an annual well visit with your child’s pediatrician. <https://bit.ly/2SXmIOR>

Childhood immunizations are one of the most important ways parents can protect children from serious diseases and keep them healthy. The American Academy of Pediatrics (AAP) recommends children receive these vaccines: <https://bit.ly/2SRgj80>

The CDC has released 2021 recommended immunizations for children and adolescents ages 7-18 years old. Talk to your child’s doctor or nurse about the vaccines recommended for their age. COVID-19 vaccination is recommended for some adolescents. <https://bit.ly/35NZ6yR>

Internet Safety & Social Media

If you have a teenager, chances are technology plays a major role in their life. Because smart phones are essentially mini-computers, your teen has access to much more than just calling and texting. Help keep them safe by laying down a few ground rules together.

<https://bit.ly/3j2t8H7>



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Selfies - they're everywhere. Teens love taking pictures to share moments in their lives, and their social media feeds are filled with them. Parents should talk with their teen about the risks of selfies, here are some tips to start the conversation. <https://bit.ly/3vVbh7z>

If you are the parent of a teenager, you likely know that they spend a lot of time using technology. But, what are they doing on those devices? You may feel like teens speak a different language, especially when posting to social media or texting. Here's a quick run-down of what you might see or hear: <https://bit.ly/3qrNgEb>

Cell Phones: What's the Right Age to Start? There really is no "right" age to allow our kids to dip a toe into the digital pond, but if we pay attention to the issues, we'll be able to decide what makes sense for our kids without getting in the way of a process that will occur whether we like it or not. <https://bit.ly/3wSZGr0>

Did you know almost 75% of teens own a smartphone? They can access the Internet, watch TV and videos, and download interactive apps. Here are a few reasons why it's good to unplug sometimes. <https://bit.ly/3qrNqeL>

Listen to PediaCast: Join Dr Mike in the PediaCast Studio for another round of News Parents Can Use. This week's topics include an update on screen time recommendations, gut bacteria & asthma, treating Tourette syndrome, anti-bullying laws, heart disease & ADHD stimulant medication, installing car seats and zip-line safety. <https://bit.ly/3j4Pbga>

Heat Stroke & Heat-Related Illnesses

With summer youth sports leagues starting, it's a good time to review the types of heat-related illness, first-aid, and methods for prevention. Heat stroke is ranked third in cause of death of U.S. high school athletes behind head and neck injuries and cardiac conditions. <https://bit.ly/2UqANEJ>

How do you know when your child is experiencing signs of heat-related illness? There are varying degrees of heat illness ranging from dehydration to heat stroke, and it is important to recognize the signs early to prevent serious illness. <https://bit.ly/2TSaEPO>

When the temperature rises outside, it is important to be aware of the dangers it can bring. Exertional heat illness is one of the top three causes of death in sports and prevention is one of the greatest tools to keep from having a serious injury associated with the heat. <https://bit.ly/35IrGlo>

Extreme heat is increasing in many regions of the United States due to climate change. High temperatures can cause children to become sick in several ways. Make sure to protect your child from the heat as much as possible, watch for symptoms, and call your pediatrician if you see any develop. <https://bit.ly/2Uy05B1>

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TWITTER

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PARTNERS
FOR KIDS

