

# Social Media Toolkit November 2021

COVID-19 and Influenza, November Awareness Months, ED vs. PCP

## FACEBOOK\*

### COVID-19 & Flu Updates

More than 140,000 children in the United States have experienced the death of a parent or grandparent caregiver from COVID-19. The ongoing stress and uncertainty created by COVID-19 has weighed heavily on children and teens. Check in with your child often and watch for signs they are struggling. <https://bit.ly/3nhv0MA>

So, what is “long-haul COVID”? Most kids and teens who test positive for COVID-19 have mild or no symptoms. But some are experiencing symptoms more than a month after being infected. <https://bit.ly/3C9DFqw>

Can the flu shot and the COVID-19 vaccine be given at the same time? Yes, if your child is eligible for a COVID-19 vaccine, they can get it the same time they receive their flu shot this year. <https://bit.ly/3jp2reU>

Listen to PediaCast! A simple flu shot can save your life. Hear from the CDC about influenza signs and symptoms, diagnosis, treatment, and prevention. <https://bit.ly/3tWrvvq>

How is the flu different from COVID-19? Both the flu and COVID will be spreading this fall and winter, especially among people who are not vaccinated. The two contagious respiratory viruses cause similar symptoms, so it can be hard to tell them apart.

**Is it Flu or is it COVID-19?**

COVID-19 and influenza can cause similar symptoms. Influenza symptoms show up 1-4 days after you are exposed to a sick person. COVID-19 symptoms appear 2-14 days after being exposed.

**Common symptoms of BOTH influenza and COVID-19**

- Fever/chills
- Shortness of breath, difficulty breathing
- Muscle or body aches
- Stuffy, runny nose
- Cough
- Extreme tiredness
- Headache
- Vomiting and diarrhea

**Symptom more common in COVID-19: Loss of taste or smell**

**If your child is sick:**

- Children with symptoms should stay home from school or child care.
- If your child has been exposed to COVID-19, or you are concerned about your child's symptoms, call your pediatrician immediately.
- Everyone 6 months old and up should get the flu vaccine every year to stay healthy and #FightFlu!

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Are you or a family member eligible for a COVID vaccine booster shot? Find out: <https://bit.ly/3vzt4mv>

### November Awareness Months

33,000 babies will be born preterm this month. The U.S. remains among the most dangerous developed nations for childbirth. This month, March of Dimes shines a light on the global crisis of prematurity. Find out how you can take action to support moms and babies. #PrematurityAwarenessMonth <https://bit.ly/3ng3i2R>

November is National Epilepsy Awareness Month. One-third of people with epilepsy live with uncontrolled seizures. Find more information for parents about seizure safety and treatments. <https://bit.ly/3aY7rmp>

Listen to PediaCast! November is National Epilepsy Awareness Month. Hear from experts about the cause, diagnosis and management of seizures and epilepsy. <https://bit.ly/2Zf6545>

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## Emergency Department vs. Primary Care Office

Seeing a 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://bit.ly/3jp4Cz6>

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://bit.ly/3m4dzj4>

How do you know if your child is sick enough to need to go to the emergency room? Here are some things to help you make the best decision for your child. <https://bit.ly/31bVW9h>

Doctor, Urgent Care or Emergency Room? From fevers to broken bones, find out where to seek help for your child.

ILLNESS/INJURY	DOCTOR	URGENT CARE	ER
Allergic Reactions (Anaphylactic Shock)			✓
Allergic Reactions (Rash)	✓	✓	
Asthma/Difficulty Breathing	✓	✓	
Asthma/Difficulty Breathing/ Respiratory Distress			✓
Behavior Concerns	✓		
Broken Bones			✓
Broken Bones (small)		✓	
Burns			✓
Burns (minor/small)	✓	✓	
Constipation (without severe pain)	✓		
Cough and Cold Symptoms	✓	✓	
Cuts (minor/small)		✓	
Dehydration			✓
Ear Pain	✓	✓	
Fever	✓	✓	
Fever (in infants 8 weeks of age or younger)			✓
Headache (mild)	✓	✓	
Headache (severe)			✓
Immunizations	✓		
Rashes	✓	✓	
Seizure			✓
Self-Harm (or thoughts of suicide)			✓
Severe Pain			✓
Sore Throat	✓	✓	
Sports Physicals	✓		
Vomiting and Diarrhea	✓	✓	
Warts	✓		
Well Visits	✓		

\*Please let us know if you would like for us to continue creating Twitter posts.