

**Social Media Toolkit**  
**February 2022**  
**Fire & Burn Safety, Anxiety and Depression in a Pandemic World**

**Fire and Burn Safety**

Scalding burns from hot bathtub water can be serious injuries for your young children. Check out these bathroom safety to kids to keep your child safe: <https://bit.ly/3K4WCiC>

Winter weather is here, so you might be turning on your fireplaces and space heaters. Keep your young children safe by keeping them away from fireplaces, space heaters and stoves. Keep a fire extinguisher inside the house and teach your family how to use it. More fire safety tips: <https://bit.ly/3noFFWK>

According to the National Fire Protection Association (NFPA), home fires occur more in the winter than in any other season. Here are 5 fire safety tips for your home: <https://bit.ly/3I526bw>

Do you have a fire extinguisher in your home? Fire extinguishers can help save lives and property. Learn more about the different types of fire extinguishers: <https://bit.ly/3g0QbiT>

**Use these sample social media posts from the National Fire Protection Association (NFPA) to spread the word about electrical fire safety:** <https://bit.ly/3GveAZp>

**Anxiety and Depression in a Pandemic World**

The U.S. Surgeon General's Advisory on Protecting Youth Mental Health outlines the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the pandemic. Find topline recommendations from the US Surgeon General here: <https://bit.ly/3t2hdOB>

The ongoing stress, fear, grief, and uncertainty created by COVID-19 pandemic has weighed heavily on children and teens. Continue to check in with your child often and watch and listen for signs they are struggling. And remember that your pediatrician is here to help. <https://bit.ly/3qV96ke>

How can I help my teen cope emotionally during the pandemic? Pediatrician Dr. Rebekah Fenton shares the signs parents should look for in their teens and how parents can help: <https://bit.ly/3tlvcil>

The American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry (AACAP), and the Children's Hospital Association (CHA) declared a national state of emergency in child and adolescent mental health and are calling on policymakers to join them. <https://bit.ly/3zyZNdF>