

# Post suggestions

## Videos

To accompany the videos, here is a series of ready-to-use post templates that you can customize according to your needs. Feel free to be creative by adjusting the text and adding emojis that best match your brand. These templates were designed to facilitate your communication and maximize your impact on social media.

### Story and Reels – Holiday Season

#### Proposal 1:

As a parent, the holidays often go hand in hand with sniffles, coughs, and fevers. Wondering how to care for your sick child at home?

Our experts have some simple and effective solutions.

Find everything you need to know on our website: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

Title: Caring for your child at home  
Subtitle: Expert advice

#### Proposal 2:

As a parent, you'd love to tell viruses to hit the road for the holidays! We can help you avoid those unwanted visitors with simple and effective solutions from our experts.

Find everything you need to know on our website: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

Title: Preventing respiratory infections  
Subtitle: Expert advice

## Story and Reels – Generic message

### Proposal 1:

As a parent, winter often goes hand in hand with sniffles, coughs, and fevers. Wondering how to care for your sick child at home?

Our experts have some simple and effective solutions.

Find everything you need to know on our website: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

Title: Caring for your child at home  
Subtitle: Expert advice

### Proposal 2:

As a parent, be prepared for the sniffles, coughs, and fevers season.

To help you, here are some simple and effective solutions from our experts.

Find everything you need to know on our website: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

Title: Preventing respiratory infections  
Subtitle: Expert advice

## Regular publication – Holiday Season

### Proposal 1:

Respiratory infections often show up holiday for the holidays. Want to avoid them?

Our experts recommend:

- Managing symptoms at home
- Preventing respiratory infections
- When to seek medical advice

Click here for all the details: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

#KidsHealth #WinterHealth #HealthTips

### Proposal 2:

As a parent, the holidays often go hand in hand with respiratory infections. What's the best way to care for sick kids?

Our experts can advise you on:

- Managing symptoms at home
- Preventing respiratory infections
- When to seek medical advice

Click here for all the details: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

#KidsHealth #WinterHealth #HealthTips

### Regular publication – Generic message

#### Proposal 1 :

As a parent, winter often goes hand in hand with sniffles, coughs, and fevers. Wondering how to care for your sick child at home?

Our experts have some simple and effective solutions for:

- Managing symptoms at home
- Preventing respiratory infections
- When to seek medical advice

Click here for all the details: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

#KidsHealth #WinterHealth #HealthTips

## **Proposal 2:**

As a parent, be prepared for the sniffles, coughs, and fevers season.

To help you, here are some simple and effective solutions from our experts on:

- Managing your child's symptoms at home
- Preventing respiratory infections
- When to seek medical advice

Click here for all the details: [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

#KidsHealth #WinterHealth #HealthTips