

Content Proposal

Newsletter and/or email

Discover a series of ready-to-use content for your newsletters and/or emails, specifically designed to raise awareness about respiratory infections in children aged 0-6 years. Each message is available in long and short versions and can be customized to your needs. These templates will help you effectively communicate essential information to families during the winter season.

Long version

This winter, let's protect our little ones against respiratory infections!

Dear Parents,

Winter brings with it a number of respiratory infections, and children aged 0–6 years old are particularly at risk. Here are some recommendations for keeping your little ones healthy:

Important preventive measures:

- Wash your child's hands with soap and water frequently
- Teach your child to cough into their elbow
- Keep areas well ventilated
- Keep your child at home when they are sick

When should you seek medical attention?

- If the child has difficulty breathing or they are breathing very quickly
- A fever that lasts for more than 72 hours
- The child refuses to eat or drink
- The child is unusually sleepy or irritable

Did you know? Vaccination against the flu is recommended for children aged 6 months and older. Speak to your healthcare professional!

For more information and resources, see [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

It has practical guides, informative videos, and tools for the whole family.

Short version

Let's protect our little ones against winter's respiratory infections!

Respiratory viruses actively circulate in the winter. To protect your child:

- Frequent hand washing
- Cough into your elbow and teach your child to do so as well

- Ensure good ventilation
- If your child is sick, keep them at home

Consult a healthcare professional if the child has difficulty breathing, a persistent fever, or refuses to eat.

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