

Content Proposals

Social media

Discover a series of ready-to-use posts, which you can customize to your needs. Feel free to be creative by adjusting the text and adding emojis that best match your brand. These templates are designed to facilitate your communication and maximize your impact on social media.

What to do when your child is ill

Does your child have the flu, a cold, or COVID-19? Here's what you can do to help:

- Plenty of rest
- Drink plenty of fluids, even if only one sip at a time
- Gently clean the nose with salt water
- Use medication to bring the fever down if needed

For more practical advice see our website : [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

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Self-care at home

Your child has a runny or stuffy nose? Here's what you can do to help at home:

- Gently clean the nose with salt water
- Have the child drink often, even if only one sip at a time
- Encourage them to rest

For more practical advice see our website : [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

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Prevention during the holidays

This holiday season, let's keep our tiny tots safe!

Are they sick? Better to stay home.

If you are visiting or receiving friends and family, keep them safe with these 3 simple tips:

1. All guests should wash their hands
2. Anyone with symptoms should wear a mask

3. Let in some fresh air by opening the windows for a few minutes

Need some advice during the holidays? Info-Santé: 811 (24/7, free)

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

#ChildHealthMTL #HolidayFamilyGetTogether

Day-to-day prevention

Keeping kids safe from respiratory infections!

Everyday actions that help:

- Thoroughly washing your child's hands with soap
- Teaching your child to cough into their elbow
- Let fresh air into the house several times a day
- Avoid contact with people who are sick
- Vaccinate your child

All our prevention tips are available at [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

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Cases that require medical attention

When should you quickly get medical attention for your child?

If your child:

- Is under 3 months old and has a fever
- Has difficulty breathing
- Is very sleepy or irritable
- They drank very little in the past 8 hours
- Has had a fever for more than 72 hours

Free resource available : [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#)

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General information

Respiratory viruses affect many children during the winter months. Be prepared with some expert advice!

On this website : [Conseils et prévention - Soigner votre enfant malade à la maison | CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#) you can learn about:

- Recognizing symptoms
- Providing care for them at home
- Signs requiring medical attention
- Effective prevention measures

A reliable resource for all parents!

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