

Kia ora Social Media Managers,

Welcome to the August **KidsHealth** Content Newsletter! This resource is designed to help you quickly and easily create engaging posts for your social media accounts.


We've curated key winter health topics to keep your audience informed and prepared. This edition covers:

- **Bronchiolitis**
- **RSV**
- **Flu vaccination**
- **Croup**
- **Managing asthma**

High-resolution images are available to enhance your posts at this [Dropbox link](#).

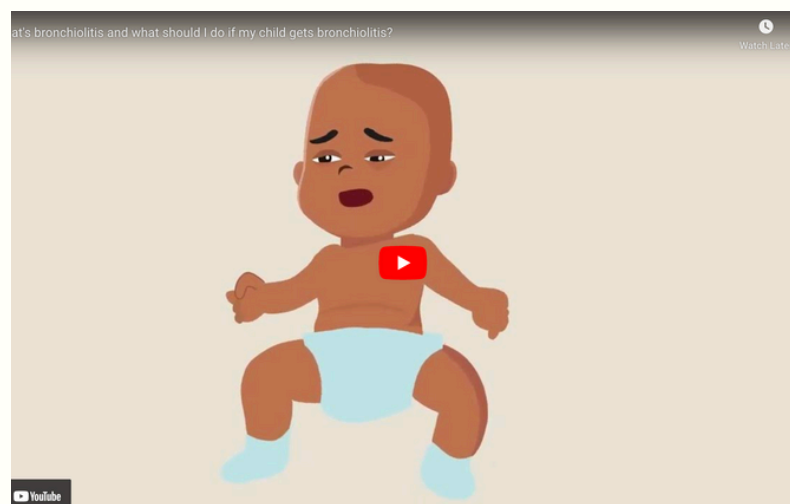
Prevent bronchiolitis this winter

Content:

 Bronchiolitis is a common winter illness in pēpi that causes breathing problems.

It's easy to catch - reduce spread by washing hands regularly and avoiding sick friends and whānau.

Learn more about symptoms and care on the KidsHealth website [here](#).



Know the signs of RSV this winter



Content:

Respiratory Syncytial Virus (RSV) can cause severe respiratory infections in young tamariki.

Watch for symptoms like a runny nose, coughing, or noisy breathing.

KidsHealth has helpful info on RSV and how to look after your whānau [here](#).

Beat the winter flu

Content:

 Flu season is here!

Ensure tamariki over 6 months old are vaccinated to help protect them from severe flu complications.

KidsHealth has info on the benefits of the flu vaccine and where to get it [here](#).



Managing asthma

Content:



❄️ Changes in the weather can trigger asthma attacks in some tamariki.

Ensure they have an updated asthma action plan and know how to use their inhaler correctly.

More tips on managing your child's asthma on the KidsHealth website [here](#).

Recognising croup in children

Content:

😞 Croup can be alarming with its barking cough caused by narrowing of the upper airways.

Know the signs and when to seek medical help to keep your child safe this winter.

KidsHealth has everything you need to know [here](#).

