

Kia ora Social Media Managers,

Welcome to the second edition of the **KidsHealth** Content Newsletter!

As we head into the warmer months, it's important to keep tamariki and pēpi safe and healthy. This month, we're highlighting key health topics that whānau should be mindful of as the year winds down. From immunisations to managing colds, here are some great resources to share with your audiences.

Each topic is developed by an expert team that includes health professionals who specialise in the area. The posts below link to detailed information on the KidsHealth website.

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

Topics for October/November:

Measles Immunisation | Pneumonia | Colds and Flu | First Aid For Bee Stings | Whooping Cough Immunisation

Measles Immunisation

Content:

👉 Did you know that measles spreads faster than almost any other disease?

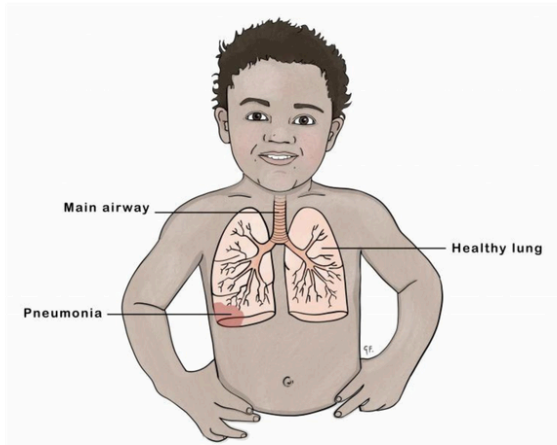
Measles is serious and can spread quickly through communities. Immunising tamariki is the best way to protect them and whānau. Make sure your tamariki are up to date with their MMR vaccines before the holidays.

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



Preventing Pneumonia

Content:



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🫁 Pneumonia is an infection of the lungs that can affect pēpi and tamariki of all ages. .

Encourage whānau to be aware of the signs, such as difficulty breathing and coughing.

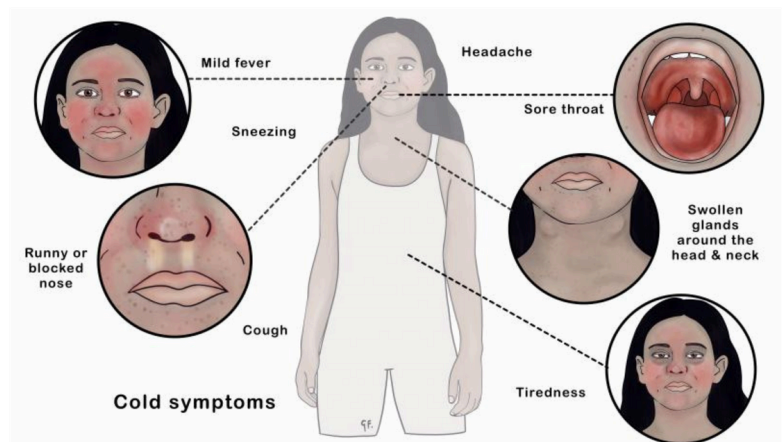
Early treatment can prevent complications.

Watch an animation and learn more: [Pneumonia on KidsHealth](#).

Managing Colds in Tamariki

Content:

🤧 Colds are very common in tamariki, especially during the colder months. While they usually clear up on their own, it's important for whānau to know how to manage symptoms at home. Encourage rest, fluids, and good hygiene practices like handwashing and covering sneezes to help prevent the spread.



Watch an animation and learn more: [Colds in Children on KidsHealth](#)

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Bee Stings

Content:



🐝 Bee stings are more common over the summer months when tamariki are spending more time outdoors.

Find out how to manage mild bee stings at home and learn when you might need to get help.

More info: [First aid for bee stings.](#)

Whooping Cough Immunisation

Content:

Whooping cough is a serious illness, especially for pēpi under 12 months old.

Vaccination is the best way to protect tamariki. Having whooping cough vaccination during pregnancy protects pēpi in their first weeks of life.

Start vaccinating pēpi the day they turn 6 weeks old.

Watch an animation and learn more: [Whooping Cough Immunisation on KidsHealth](#)



Feel free to share this content with your networks and keep your audience informed. Ngā mihi for supporting the health and wellbeing of tamariki across Aotearoa!