



# COVID-19 and Wellness Control Panel

BUREAU OF CORRECTIONS

March 2022



## COVID-19 Information and Resources

[Inmate Release Guidelines for Substance Abuse COVID -19](#)

[When You Are Sick](#)

## Mental Wellness/ Resiliency Resources

[COVID-19 Coach](#)

[Tips to Reduce Covid-19 Stress](#)

[Mental Illness Warning Signs](#)

[Benefits of Physical Activity for Adults"](#)

## Videos and Flyers

[How to Prioritize Self Care](#)