



# COVID-19 and Wellness Control Panel

CHRONIC CONDITIONS

March 2022

## General Health

[COVID, Myocarditis and Vaccines](#)

[It's Kidney Month- NKM Toolkit](#)

[COVID and Dental Health](#)

[Million Hearts New Initiatives and Equity Resources](#)

## School-based Clinic Resources

[Make Vaccine Shots Less Stressful and Painful for your Child - English](#)

[Make Vaccine Shots Less Stressful and Painful for your Child - Spanish](#)

[Are you worried about a friend? How to Start a Difficult Conversation](#)

[Good Sleep Habits for Children - English](#)

[Good Sleep Habits for Children - Spanish](#)

[25 Ways to Get Moving at Home](#)

## Mental Wellness Resources

[Alcohol and COVID-19: What You Need to Know \(Infographic\) - English](#)

[Alcohol and COVID-19: What You Need to Know \(Infographic\) - Spanish](#)

## Videos and Flyers

[Protect Yourself and Others from Infection](#)

