# COVID-19 and Wellness Control Panel

## 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**

---

This material was prepared by [Alliant Health Solutions](https://allianthealth.com), a strategic partner in Morehouse School of Medicine's National COVID-19 Resiliency Network (NCRN). The funding was made possible through a grant from the US Department of Health and Human Services Office of Minority Health. The National COVID-19 Resiliency Network logo are service marks of Morehouse School of Medicine. [https://ncrn.msm.edu](https://ncrn.msm.edu).