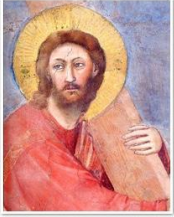




10 Tips for HEART HEALTH

- Get plenty of exercise—at least 150 minutes a week and some a night or two.
- Get a good night's sleep.
- Don't smoke.
- Plan to lower your sodium intake.
- Get an annual flu shot (most can get a shot).
- Ask for an average of seven hours of sleep per night for better outcomes.
- Brush teeth & healthy mouth with some fruits and vegetables in your daily diet.
- If you have weight, do it the slow and steady way, take 1/2 pound or less that you want.
- Manage your stress by incorporating a hobby that helps you relax, such as meditation or yoga.
- If you have a family history of high cholesterol, you are simply concerned about heart disease or have a relative who you can track it on a daily basis.



WELCOME to the NURSE'S OFFICE

Happy Valentine's Day!

Thanks for visiting John Carroll's Virtual Nurse's Office! Click on anything you see here!



State of MD Travel Info



What is Ash Wednesday?

Ash Wednesday is the first day of Lent. Its official name is "Day of Ashes," so called because of the practice of rubbing ashes on one's forehead in the sign of a cross. Ash Wednesday and Lent are observed by most Catholics and some Protestant denominations.

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