

Wellness Center Updates

Despite the school closure, the Wellness Center Staff are available and ready to help.

For the Health Center:

If there is an emergency, call 911.

For Wellness Center members, you may reach out to the nurse practitioner, **Cathleen Shannon CPNP** for minor medical concerns, questions or refill of medications:

**Monday through Friday from 9AM until 4PM
240-801-6183**

For **Care for Kids clients**: please note the back-up medical clinic has changed
FROM: All Day Medical in Gaithersburg

**TO: Holy Cross Health Center in Germantown
12800 Middlebrook Rd, Ste 206
Germantown, Maryland 20874
301-557-2140**

Hours: Monday through Friday 8AM -4:30PM

Here are some important links to stay well:

1) How to Wash your Hands Correctly and Why:

https://www.youtube.com/watch?v=nEzJ_QKjT14

<https://www.youtube.com/watch?v=3SfHdSHK-g0>

<https://www.youtube.com/watch?v=-LKVUarhtvE>

2) How to Properly Use Face Masks:

<https://extension.psu.edu/cloth-mask-use-and-removal?fbclid=IwAR3JCcFfhRTPKzEK9rZFxzWLeFsfSIIInNgfX-GZrYkYzRMoumc7DN7cZ-38>

2) How to make a No-Sew Face Mask;

In English <https://www.youtube.com/watch?v=r51YroAFPds>

(en Espanol: <https://www.youtube.com/watch?v=u1e3q-wjKFI>)

2) Montgomery County COVID Information:

On Twitter: @MontgomeryCoMD;

On the Internet:

<https://montgomerycountymd.gov/HHS/RightNav/Coronavirus-resources.html>

3) COVID Information for Center for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

(or en Espanol at:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/index-sp.html>)

4) Need help with food, housing, transportation? Try AuntBertha.Com (in English and en Espanol)

5) Stressing out? Get info here:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html> (or in Spanish:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/index-sp.html>)