



An infographic titled "10 Tips for HEART HEALTH" with a red heart in the center. It lists ten tips: 1. Get plenty of exercise, 2. Take prescription action, 3. Don't smoke, 4. Don't drink too much alcohol, 5. Eat a heart-healthy diet, 6. Manage your stress, 7. Avoid tobacco, 8. If you have a family history, 9. If you've had a heart attack, 10. If you've had a stroke.

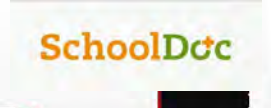


# WELCOME to the NURSE'S OFFICE

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



State of MD  
Travel Info



MARCH  
Hybrid  
Learning  
Schedule

A wooden rack with four shelves. The top shelf has a red sign that says "COVID Reporting Form". The second shelf has a blue sign that says "Travel Form". The third shelf has a red sign that says "Return to Play Form". The bottom shelf has a blue sign that says "Prescreening Form". There are also some books and a tissue box on the bottom shelf.

