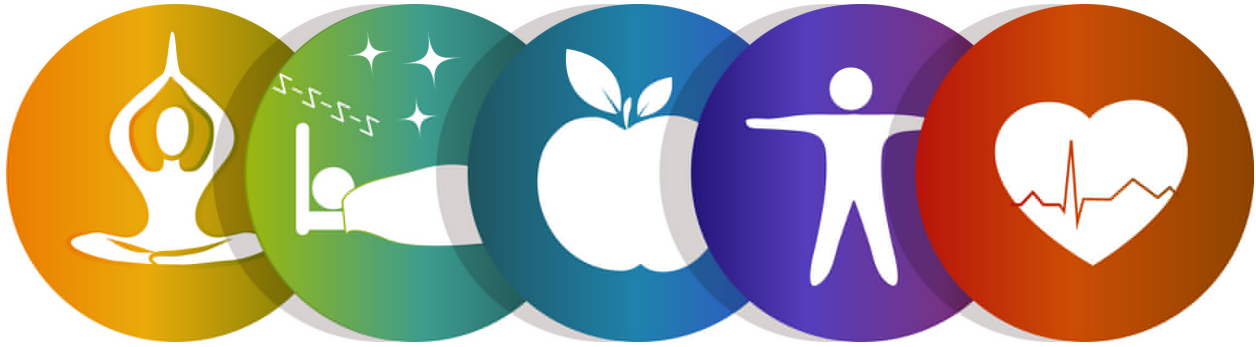




Welcome to Ms. Cox's Health and Wellness Page

Hi Everyone! I hope you are all staying well and happy! Here I will list community resources, COVID-19 information, and ideas to combat the "no-school blues".

STUDENTS: School is closed, but I AM HERE FOR YOU. Send me an email if you have worries or questions, if you feel sick, or just want to say "Hi!"

LUNCH BUNCH: I am available to meet virtually from 1215-1255. PLEASE EMAIL ME if you would like to attend. I cannot post the Meet address on this form.

Grades 3-5: Mon. and Wed.

Grades 6-8: Tues. and Thurs.

MY EMAIL ADDRESS: amy.cox@student.dodea.edu

I will be online and/or checking email all day from 0800-1500 Mon. - Fri.

You can also find me on GoogleHangouts using my email address.

ELEMENTARY SCHOOL: Here are some educational (and sometimes silly) websites and videos:

- Brain Pop - Coronavirus: <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- "Safety Measures for Coronavirus" <https://www.youtube.com/watch?v=TSkEwdzGbCA>
- "What is Coronavirus?" <https://www.youtube.com/watch?v=R-JbDMYmAQM>
- "What are boogers?" <https://www.youtube.com/watch?v=Jijnn-JxK2w>
- "Why do we get sick?" <https://www.youtube.com/watch?v=lKpg9JEJrHl>
- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

MIDDLE SCHOOL: Though you aren't too old to learn from the links above, I have provided some below geared towards your age group.

- Centers for Disease Control Coronavirus info:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- KidsHealth's Relax and Destress Center:
<https://kidshealth.org/en/teens/stress-coping-center/stress-management/?WT.ac=en-t-stress-center-g#catfit>
- Interesting article: Flattening the curve of Covid-19 why social distancing is important
<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

Parents: Please don't hesitate to contact me with any questions or concerns. Here are some useful resources:

- Tricare approved providers on the German economy (can be accessed by civilians):
<http://www.tricare-overseas.com/beneficiaries/resources/provider-search/search-results?region=&country=Germany&location=TOP%20Remote%20-%20Garmisch-Partenkirchen%2C%20Germany&radius=any&units=1&searchBy=location>
- Don't have a primary care doctor? Here's a list for Garmisch (not necessarily Tricare approved):
https://www.arzt-auskunft.de/hausarzt-hausaerztin/garmisch-partenkirchen/?gclid=Cj0KCQjw6sHzBRCbARIsAF8FMpUaGl3pb0aEvpQ-3-zy2gk_WXdUF7jRCSH8gVyGiRVWxUfk988Y_MsaApUoEALw_wcB
- NON-EMERGENCY number: 116117 for people who are sick to access health care information.
<https://translate.google.com/translate?hl=en&sl=de&u=https://www.116117.de/&prev=search>
- If you experience the following EMERGENCY SYMPTOMS, seek immediate medical attention (Emergency Room visit): Difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.
- EMERGENCY Services phone number is 112. On base, 114 connects to emergency MP line.
- Centers for Disease Control Coronavirus website. Great information here:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- Connect to the USAG Bavaria coronavirus webpage for the latest guidance, restrictions and updates to garrison services at <http://go.usa.gov/xd6YW>
- USAG Bavaria - Garmisch Facebook page: <https://www.facebook.com/BMC.Garmisch/>
- DoDEA's Coronavirus page: <https://www.dodea.edu/coronavirus.cfm>
- Interesting article: Flattening the curve of Covid-19 why social distancing is important. <https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>
- Germany Minister of Health Covid-19 information in English: <https://www.bundesgesundheitsministerium.de/en/press/2020/coronavirus.html>