



**Multi-Use Clinic Locations**

1025 Division St., Ste. B, Biloxi, MS

Appt. Line: 228-388-2599

M-F 7-6 (Closed 12-1 for lunch)

9414 Three Rivers Rd., Ste. 1, Gulfport, MS

Appt. Line: 228-248-0058

M-F 8:00-5:00 (Closed 12-1 for lunch)

1918 15<sup>th</sup> St., Gulfport, MS

Appt. Line: 228-284-5291

M-F 7:30-5:30 (Closed 12-1 for lunch)



2020

**April is Stress & Coronavirus Awareness Month**

**TELEMEDICINE IS HERE!**

MON-FRI 8A-10P  
SAT-SUN 2P-6P



Sun

Mon





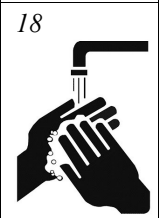





Tue

Wed

Thu

Fri

Sat

	 <p><b>MEDICAL ANALYSIS TELEMEDICINE</b> <i>Partnering with Kareo/Chiron Health</i></p> <p>You will soon receive an invite by text message/email to install the app. By using telemedicine, you can stay home, &amp; stay safe during this COVID-19 crisis! Have not received message? Check your Spam!</p>			<p>2 <b>Stress</b> causes the body to release the hormones adrenaline and cortisol which can create several health problems, such as:</p>	<p>3 <b>You could be stressed if you:</b> -Feel tension &amp; have headaches -Are anxious &amp; irritable -Can't concentrate -Have digestive issues -Grind your teeth -Experience insomnia -Are fatigued</p>	<p>4 </p>
<p>5</p>				<p>9 <b>For more information on how to prevent the spread of the coronavirus, Go to: <a href="http://www.cdc.gov">www.cdc.gov</a></b></p>	<p>10 </p>	<p>11</p>
<p>12 </p>				<p>16 <b>4-7-8 STRESS RELIEF TIP:</b> Slowly inhale through nose for count of 4, hold breath for count of 7, slowly exhale through mouth for count of 8, repeat 4 times</p>	<p>17 Remember, to prevent the spread of germs &amp; viruses wash your hands frequently for at least 20 seconds with warm water &amp; soap</p>	<p>18 </p>
<p>19 </p>	<p>20 In these times of "Social Distancing," <b>DIAL A FRIEND</b> Sharing your troubles can give you perspective, help you feel cared for</p>	<p>21 <b>Some Signs of Stress:</b> -Not eating or over-eating -Forgetfulness -Headaches &amp; body aches -Lack of energy -Trouble sleeping -Can't focus</p>	<p>22 Practice "Social Distancing." Stay away from crowds of 10 or more and keep a distance of 6' between you and others</p>	<p>23 <b>Stress</b> is a natural part of our lives and a little stress can heighten your senses and productivity. But too much stress can create or worsen physical and emotional problems</p>	<p>24 Exercise regularly to relieve stress. Physical activity helps improve your mood. Stretching and walking work best</p>	<p>25 </p>
<p>26 </p>	<p>27 Keep your hands away from your mouth, nose and eyes to help prevent infecting yourself</p>	<p>28 Getting enough sleep each night gives you energy &amp; a better attitude to overcome stressful situations </p>	<p>29 Practice "Social Distancing." Stay away from crowds of 10 or more and keep a distance of 6' between you and others</p>	<p>30 Listening to relaxing music can have a positive effect on the brain and can lower blood pressure &amp; relieve stress </p>	<p><b>Remember:</b> Stay Safe and Stay Home Use your clinic for emergencies and use our telemedicine program for everything else</p>	