

In This Issue

- Get Smart at Penn State's Public Health Day Symposium
- Art, Science and Public Health
- Summer Cold Prevention
- Good Luck to Get Smart Volunteers, Kaitlin and Lydia!

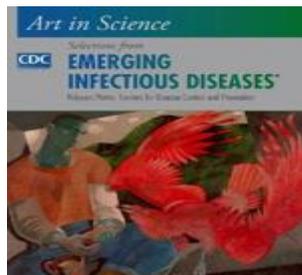
Get Smart at Penn State's Public Health Day Symposium

This year's annual public health symposium was held on May 9; the event is sponsored by Penn State College of Medicine. The Get Smart Program's abstract, "Best Practices for Sick-Child Exclusion Policies in Child Care Settings," won the runner-up Abstract Award for the Community/Practice category. Anne Dodds, with Keystone STARS and a collaborator in the pediatric initiative, accepted the award on behalf of the team. Approximately 130 individuals, including interns, students, professors and physicians participated in the symposium, which provided 23 posters and 17 oral presentations. The day was full of public health oriented activities, including an award ceremony, oral presentations, breakout sessions on a variety of topics, a keynote speaker (Lindsay Wiley, JD, MPH, of American University), a poster session and panel discussion. The Get Smart poster attracted keen interest from participants, and Anne Dodds answered questions on how we developed the practical guidelines. Please see the following link to view the summary of practical guidelines: [Sick Child Exclusion Policy Advisory Group Report Summary](#).



Art, Science and Public Health

Polyxeni Potter, Founding Managing Editor, "Emerging Infectious Diseases"



You might ask, "How does someone who is not a scientist even get to work at the Centers for Disease Control and Prevention?" Yet, it happens every day. People from many educational backgrounds work there. If your specialty is not medicine or science, you can still have a fruitful career in public health. Here is one example.

Health information has to be written and published, both in print and online, and must be easy to read. Editors are needed to improve the quality of writing, so non-scientists can understand the meaning of studies that concern their health. In 1995, CDC wanted to start a new public health magazine about new diseases and older forgotten diseases that are re-emerging and make us sick. These diseases are often passed from one person to another and can be caused by unknown viruses or bacteria in the food we eat and water we drink.

Because of my background in literature, I had just the right training for setting up a new publication so that it would be readable, friendly and accessible to readers of all backgrounds. As a person who loves art, I saw an opportunity to introduce readers to art and its connection with all aspects of life, including science. So the new magazine design included colorful art images on the cover. The images are pleasing to the eye, they attract attention and help show the human side of science. Images include people engaged in their everyday activities and interactions with animals and plants. Some images came from museums, others from local artists.

Readers of the new magazine were intrigued and wanted to know more about the pictures on the cover. So, for each cover, I wrote a story explaining why the art was used and how it related to the reports in the magazine. Explaining this connection was easy, because, despite their technical language and complex charts, the reports were simply about people and their health.

Science is not some kind of abstract idea that only few can understand. Everyone can partake. Science exists to improve the quality of life for all people. Science examines and solves problems so that humans can live better and longer lives. When individuals get sick, we think of medicine.

When a group of people become sick, we think of public health and organizations like CDC and state health departments, which deal with diseases that threaten everyone – Zika, Ebola, Influenza and many others.

My work at the CDC has been interesting and exciting. While learning science and public health, I taught others writing and better communication skills through the arts. This sharing and making connections of different kinds of knowledge improves human understanding of health and enriches our lives.

Summer Cold Prevention

Susan Rzucidlo, MSN,RN,CRNP, Penn State Hershey Children's Hospital

Viruses, such as rhinovirus and parainfluenza viruses, that cause upper respiratory infections in winter are joined in the warmer months by enterovirus which can cause more complicated symptoms.

Enterovirus spreads by coughing and sneezing, as well as through the fecal-oral route. Air-conditioned buildings and airplanes, due to the recirculating air, can increase exposure to these types of viruses. The virus can cause diarrhea, sore throat, rashes and other symptoms beyond the common cold's typical headache, cough, congestion and low fever. Summer colds can often linger for a great length of time.

During the typical five- to seven-day lifespan of a cold, supportive care includes adequate hydration, nasal saline, and acetaminophen or ibuprofen for those older than 6 months. Remember to avoid over-the-counter cold medications for children under 4 years old. Remember that viruses, not bacteria, cause colds, so antibiotics are ineffective to treat colds! Good handwashing is the best prevention, as well as avoiding others that are ill.

Good Luck to Get Smart Volunteers, Kaitlin and Lydia!

Kaitlin graduated this spring from Penn State with a double major in Communication Arts & Sciences and Sociology, focusing on health communication. After graduation, she is interning for a year with the Four Diamonds at the Hershey Medical Center, helping with their Mini-THON programs. She plans to apply to graduate school this year and continue her education next fall in a PhD program. Through her time with Get Smart, Kaitlin has assisted on various projects, including editing newsletters and doing Glo Germ demonstrations at child care centers. This opportunity has given her insight into the issue of antibiotic resistance and provided her the opportunity to apply her skills in health communication. She has greatly appreciated the opportunity to assist with the Get Smart program and values the information that she has learned.



Lydia recently completed her undergraduate education in Immunology and Infectious Disease and International Politics at the Pennsylvania State University. Through the Get Smart program, she posted information and news articles related to illness, bacteria and antibiotic resistance to the Get Smart PA Facebook page. Additionally, she worked with children at local day cares, teaching them about germs and how to properly wash their hands to avoid getting sick. This experience taught her about the growing problem of antibiotic resistance, as well as the importance of communicating this critical health issue (and others) to the general public. She plans to attend the Sidney Kimmel Medical College of the Jefferson University in Philadelphia this coming fall. She also hopes to continue raising awareness about antibiotic resistance using the communication skills that she has learned as an intern of the Get Smart Program.



If you have any ideas for future newsletters or would like more information, please feel free to contact us.

To unsubscribe, please email us.

Get Smart Team:

Knowwhentosavno@pa.gov

 /GetSmartPA

 @GetSmartAbxPA