

2019-2020 Academic Year PUBLIC HEALTH NEWSLETTER

MERCYHURST UNIVERSITY



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Emerson Spring Break Trip: hear what our students have to say about the department trip to Mexico



ANNOUNCEMENT

The Newsletter is a place to stay updated on the latest information regarding all things Public Health.

If you are interested in being featured for the student spotlight, or would like to submit any information please email Jackie Rogers at vroger98@lakers.mercyhurst.edu or Karrah Savage at ksavage15@lakers.mercyhurst.edu.

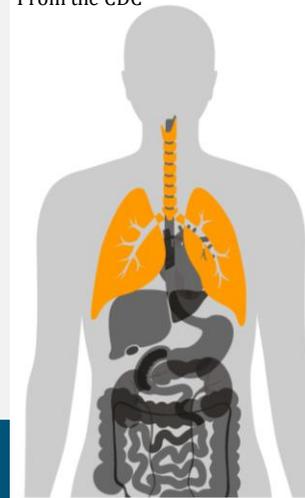
COVID-19 PANDEMIC

FLATTEN THE CURVE

By now, you know the basics of this novel pathogenic virus. So now, how do we flatten the curve? Social distancing, travel restrictions, business and school closings, quarantine and lockdowns are put into place in order to slow the spread of the virus. Although it may not affect the total number of people infected overall, it will prevent the healthcare system from being overwhelmed and allow for needed materials and professionals for treatment to be available for patients. (shown below)

COVID-19 is an infectious disease caused by SARS-CoV-2, a new type of coronavirus detected in China in late 2019.

From the CDC



Data shows the disease is mild in 80 percent of patients, severe in 13 percent, and critical in 6 percent.

Most common symptoms:

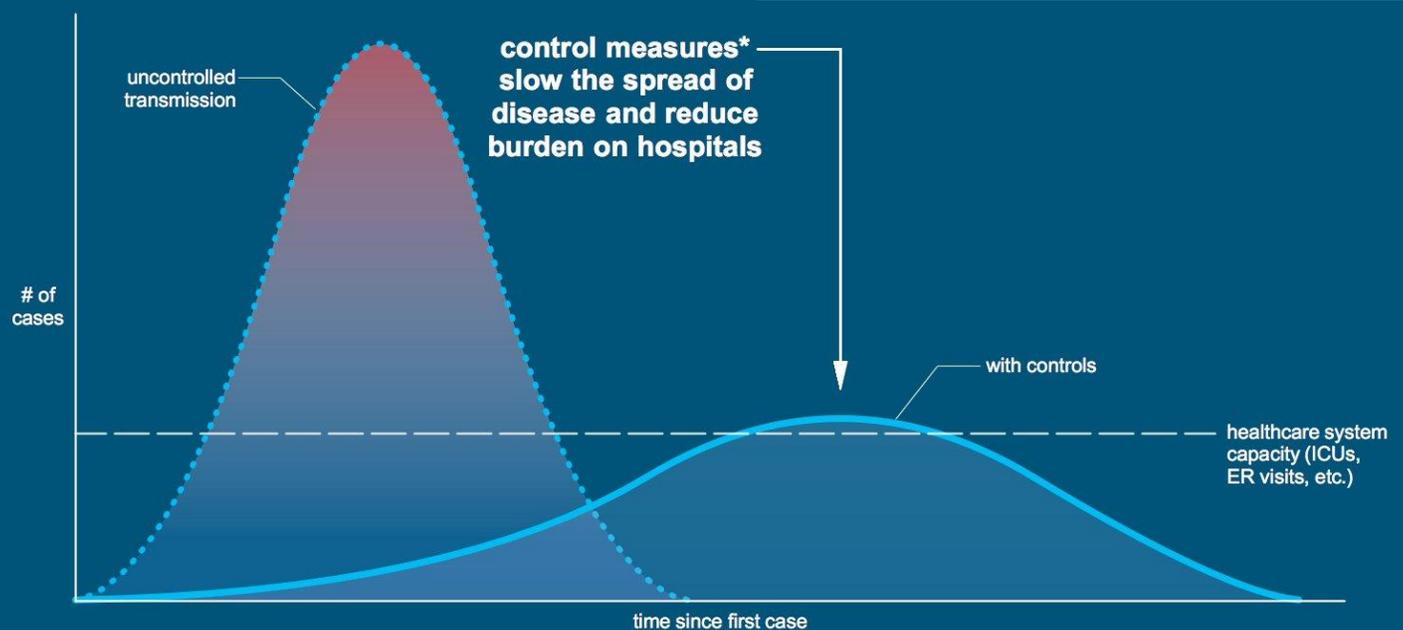
- Fever**
- Fatigue**
- Dry cough**

Some patients may also have:

- Aches and pains**
- Runny nose**
- Sore throat**
- Shortness of breath**
- Diarrhoea**

In critical cases, COVID-19 can cause severe pneumonia or a multiple-organ failure and can lead to death.

LOWER AND DELAY THE EPIDEMIC PEAK



* control measures may include handwashing, teleworking, limiting large gatherings, minimizing travel, etc.

CC BY 2.0 Esther Kim @K_thos
Carl T. Bergstrom @CT_Bergstrom

OUTBREAK BY NUMBERS- AS OF MARCH 26, 2020

GLOBALLY

TOTAL CASES- **509,427**
 Currently Infected: **373,510**
 Recovered: **122,226**
 Deaths: **23,004**

UNITED STATES

TOTAL CASES- **79,313**
 Recovered: **1,863**
 Deaths: **1,081**

From the CDC

Announcements

Congratulations to the Public Health Club seniors!

The following students have qualified for earning a chord for graduation through club participation!

- Brett Conrad
- Claire Miller
- Steph Oemcke
- Jackie Rogers
- Alexis Skibitsky
- Kara Spoto
- Lauren Wychowski

If you are interested in working toward earning a chord for graduation, you must fulfill the following requirements:

- Maintain good academic standing
- Participate in a minimum of 4 club events per semester
- Complete a certain number of volunteer hours
- Be a public health major or minor

The cords will cost 5 dollars and will be available for purchase from the club executive board nearing the end of your senior year, spring semester. Contact Hannah Buncher at hbunch25@lakers.mercyhurst.edu for questions and details.

Field Experience and Internship

Presentations will be held virtually the last Wednesday of classes on April 29th at 5pm. All majors and minors are welcome to join. Learn about what your peers have been working on all semester and get an idea of what potential experience you might be interested in having in the future!

Attention students who plan to enrolling in the upcoming Fall 2020 classes!!!

Make sure to contact your advisor to set up a meeting using Calendly. Classes that will be offered include:

- Foundations of Public Health
- Health Education
- Environmental Health
- Public Health Policy
- Principles of Epidemiology 1
- Public Health Nutrition
- Professionalism PH
- Public Health Program Evaluation
- Public Health Field Experience
- Public Health Senior Research Practicum

Shannon Meyers; our new VISTA Volunteer!!

Shannon, a PH senior at Mercyhurst, will be working with Dr. Torres in the upcoming school year to implement a food security project in Erie that will involve providing access to healthier food and nutrition education to those struggling in the area.

“The reason I chose to do AmeriCorps is because I wanted to get real hands on experience in the Erie community. Through this position, I will be building connections with community organizations in order to identify places where healthy corners and tower gardens could be established in order to combat food insecurity and food deserts. In addition, I get to work with public health students and involve them by assessing nutrition education and wellness programming”.

This is a very exciting and important opportunity for MU PH students and the Erie community alike, as food insecurity is a large issue in this area. Congratulations and good luck to Shannon as she takes on this position!

Public Health Emerson: Mexico, March 2020

Experiences from our Students:

Alexa Karner-

"This trip was absolutely life changing!! It was so much fun to become immersed in another culture. We got to do so many fun activities including visiting a preschool to teach handwashing and teeth brushing. We showed the kids germs on their hands using a UV flashlight and explained the importance of handwashing. The kids loved it!! We taught elementary school kids and gave them all toothbrushes. After we got to play with the kids and make connections and build trust with them. On the next day we went out and did screenings in a Mayan village. We tested blood glucose levels, tested for HIV, checked blood pressure, and found their BMI. We also went through general mental health screenings. My peers taught me how to do a blood glucose test including the blood sticks and also how to check manual blood pressure. The people were so friendly and willing to come in to get tested. It completely changed my perspective on community and how open people can be. We couldn't leave the week without a little fun so we also visited a beach, saw real life flamingos, and swam in a cenote which was super fun and beautiful!!! Overall, this trip was a great reminder of the blessings we have and gave me a fresh perspective on the world. It was an amazing experience, and I would highly recommend it to anyone interested for next year!!!"



Claire Miller-

"I had been thinking about going on this medical mission trip with Mercyhurst for a few years now and I am so glad I did. This experience was truly touching and has left me with so many memories that I will cherish forever. Being immersed into a new culture, teaching the youth of Yucatán, painting houses for local families, playing with the kids at school, working with Mexican nursing students, and giving questionnaires in the community allowed me to see the world through a new lens and a different perspective. Through community outreach and collaboration with the Mercyhurst team I grew as a person and as a student which would not have been possible without this trip. If you are hesitant to embark on this journey like I was, you shouldn't be. It was the most amazing experience and I am truly grateful that I was able to have this opportunity."



Autumn Martin-

"My time in Valladolid was an experience of a lifetime, I am so grateful that I was able to go on this medical mission trip. I was able to step outside of my comfort zone and make amazing new friends with the nursing students from Mexico as well as students from Mercyhurst. This trip allowed me to step outside of my shell and talk to others and made me realize that I know more than I think I do, and I need to be more confident in myself. I recognized that I take healthcare in the U.S. for granted and that there are people who cannot receive the medical treatment as we do, which is why we went around a Mayan village to do health screenings and look at their blood pressure, blood glucose levels, and more. This experience helped me grow overall as an individual. I am becoming more comfortable with talking to others and being more extroverted. This also made me realize that I want to do more work with educating people on proper techniques to stay healthy"