

November Events

LIFT Leadership Conference - Friday, November 17th from 11:15 AM-3:15 PM in the Campus Center
[Register here](#)

It Starts With a Handshake- November 15th, 4:00 PM Campus Center 106A

Be Your Personal Brand- November 29th, 4:00 PM Campus Center 106A

Public Health Club Toy Drive- Be on the lookout for more information coming soon!

November Health Awareness

- [National Family Caregivers Month](#)
- [National Diabetes Month](#)
- [International Survivors of Suicide Loss Day \(Nov. 18\)](#)
- [U.S. Antibiotic Awareness Week \(November 18-24\)](#)
- [Transgender Day of Remembrance \(Nov. 20\)](#)
- [Giving Tuesday \(November 28\)](#)
- [Chronic Obstructive Pulmonary Disease \(COPD\)](#)
- [National Diabetes Month](#)



Native American Heritage Month



Transgender Awareness Week (Nov. 13-19)



Thanksgiving Safety Tips

Thanksgiving is a wonderful time to gather with family and friends, but it's also important to keep safety in mind during the celebrations. Here are some tips to ensure a safe and enjoyable Thanksgiving:

1. Food Safety

- **Thawing Turkey:** Thaw your turkey in the refrigerator, in a sink of cold water (changing the water every 30 minutes), or in the microwave, following the manufacturer's instructions.

- **Cooking Temperature:** Use a food thermometer to check that the turkey has reached a safe internal temperature of 165°F (74°C) in the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.

- **Avoid Cross-Contamination:** Use separate cutting boards, utensils, and platters for raw and cooked foods. Wash your hands, utensils, and surfaces often when handling raw turkey.

2. Fire Safety:

- **Kitchen Vigilance:** Never leave cooking food unattended, especially when frying or grilling. Keep children and pets away from the cooking area.

- **Fire Extinguisher:** Have a fire extinguisher handy in the kitchen, and ensure you know how to use it.

3. Travel Safety:

- **Vehicle Maintenance:** If traveling by car, ensure your vehicle is in good condition. Check your tires, brakes, and engine.

- **Plan Ahead:** Expect heavy traffic and plan your route and timing accordingly. Avoid distracted driving.

4. Allergy Awareness:

- **Communicate:** Ask your guests in advance about any food allergies and prepare dishes accordingly.

- **Label Foods:** Clearly label dishes that contain common allergens like nuts, dairy, or shellfish.

6. Alcohol Consumption:

- **Drink Responsibly:** If serving alcohol, ensure that guests drink responsibly. Offer non-alcoholic alternatives.

- **Designate Drivers:** Encourage guests to have a designated driver or arrange transportation options.

7. Mental Health:

- **Inclusivity:** Holidays can be stressful. Be inclusive and understanding of guests who may feel overwhelmed or anxious.

- **Quiet Space:** Consider setting up a quiet area where guests can take a break from the festivities if needed.

8. Pet Safety:

- **Food Hazards:** Keep pets away from harmful foods like chocolate, bones, and foods with xylitol.

- **Safe Space:** Provide a quiet room or space for pets as the festivities can be overwhelming for them.

By following these tips, you can help ensure a safe and enjoyable Thanksgiving for everyone involved.



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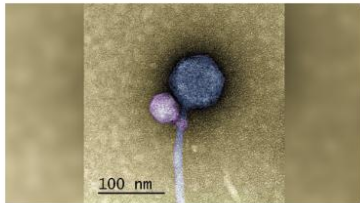
Get Your USCB Gear and Textbooks!



Public Health Book and Article Recommendations



11 global health issues to watch in 2023, according to IHME experts



World's 1st virus spotted attached to 2nd virus



The World's 6th Blue Zone



The Ghost Map: The Story of London's Most Terrifying Epidemic--and How It Changed Science, Cities, and the Modern World



Mental Health Tip of the Month

November can be a challenging month for many, with the onset of colder weather, shorter days, and the approach of the holiday season. One mental health tip that can be particularly beneficial during this time is *practice gratitude and mindfulness*. After all it is THANKS-giving there is no better time than now to practice mindfulness.

Here are some ways you can practice gratitude and mindfulness:

Daily Gratitude: Start or end your day by listing three things you're grateful for. This practice can shift your mindset from focusing on what you lack to appreciating what you have. It's a powerful tool for enhancing mental well-being.

Stay Connected: Maintain social connections. As the holiday season approaches, it can be easy to feel overwhelmed or isolated. Reach out to friends and family, or participate in community events. Social support is crucial for mental health.

Mindfulness Meditation: Engage in mindfulness meditation. Even a few minutes a day can make a significant difference. Mindfulness involves paying attention to the present moment without judgment. This can help reduce stress and anxiety, improve your mood, and increase feelings of relaxation.

Remember, it's normal to have ups and downs, and taking proactive steps to care for your mental health is important. If you're feeling persistently overwhelmed or depressed, it might be helpful to talk to a mental health professional.

As we navigate through the flu season and the approach of final exams, it's imperative to prioritize our health. U.S. Antibiotic Awareness Week, taking place from November 18th to 24th, 2023, emerges as a key public health campaign. This initiative is dedicated to raising awareness about the pressing issue of antibiotic resistance.

The Centers for Disease Control and Prevention (CDC) offers valuable tips to maintain good health during these colder months, ensuring you stay well-prepared for your upcoming finals. Remember, staying healthy is crucial, especially now. Do your best to stay healthy and keep others healthy. This helps reduce antibiotic use and fights antimicrobial resistance.

Tips from the CDC:

1. Clean your hands by washing with soap and water for at least 20 seconds or using a hand sanitizer that contains at least 60% alcohol.
2. Cover your coughs and sneezes with a tissue.
3. Stay at home when sick.
4. Avoid touching your face.
5. Avoid close contact with people who are sick.
6. Get recommended vaccines, such as the flu and COVID-19 vaccines.
7. If you need antibiotics, take them exactly as prescribed.

Monday 13th November 2023

Public Health Club Officers Contact Information

Do you want to join the USCB Public Health Club or do you have an idea for an event if so contact one of the officers below with your idea.



President Keshona Sharpe
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Vice President TJ Ratzel
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Flu Protection Tips

1. Take time to get a flu vaccine. The CDC recommends a yearly seasonal flu vaccination.
2. Take everyday preventive actions. Cover your nose and mouth when you cough or sneeze. Wash your hands often with soap and water, and also avoid touching your eyes nose and mouth.
3. Take flu antiviral drugs if your doctor recommends them. Antiviral drugs can make illness milder and shorten the duration of being sick.

Public Health Fun Fact

The design of the modern epidemiology field is largely credited to John Snow, a British physician.

In 1854, during a cholera outbreak in London, Snow conducted a groundbreaking study by mapping cholera cases in the city. He identified a public water pump on Broad Street as the outbreak's source, disproving the then-dominant theory that cholera was spread by "bad air".

His work didn't just stop the outbreak; it also laid the foundation for modern-day epidemiology, transforming how public health officials track and contain diseases.



John Snow

This historical event highlights the significant impact of scientific investigation and data analysis in protecting public health.