

Please stand by for real time captions.

Good afternoon. This is Kathy Carmichael from DLP outreach. Welcome to this afternoons webinar Is it an allergy, cold or COVID? , finding answers with federal health resources. With me here today is my presenter Susan Carol who's the from the University of State University. Before we get started I want to go through housekeeping reminders. If you have any questions you like to ask or any technical issues please feel free to use the chat box. People desktop computers or laptops it's on the boat lower right-hand corner of your screen. I'll keep track of the questions and at the end of the presentation Suzanne will respond to them. We are recording today's session and will email a link to recording and slides to everyone who is registered for this webinar. We will also send a certificate of percent patient using the email you used to register for today's webinar. If anyone these additional certificates because multiple people watched webinar please email DLP outreach at GPO.gov and include the title along with the names and email address. Desktop or laptop users may zoom in on the slides being presented. Click on the full-screen button at the bottom left side of your screen at the end of the session we will share I will. Satisfaction survey with you. Will let you know when the survey is available and URL will appear in the chat box. We would also very much appreciate your feedback on session including comments from the presentation and value of the webinar. Since we will be screen sharing during the presentation when she starts talking you will no longer see the chat box. If you want to watch the chat traffic as she's presenting once the screen sharing begins mouse over the blue bar at the top and when the menu drops down click on chat with turn it over to Suzanne.

Thank you, Kathy. The origin for the title of this presentation is because I've known so many people with ask themselves, drive and energy, a cold, or Covid? Sometimes that can be a very difficult question to answer. This is going to be an overview of various agencies and submit agencies that have public health information. Were not to do a deep dive into anything but if we have time at the end I'm open to go ahead and do that. I'm going to keep to screen sharing portion to show resources you may not know of that are going to be the most helpful. I have survey questions with people registered. He will people do that and don't show the results. Here's a breakdown of how people responded. Can't same terribly surprised. If you weren't familiar with the CDC before Covid you certainly are now. I'm not depressed most of us work with the public. It's interesting to see that professional research here this is helpful in in a couple slides you will see why it's here. This is a quick look at some of the appreciations for various health agencies and some agencies. People often joke that the military loves acronyms but I would have to say Health and Human Services would have to be a close second. Some these you will probably recognize right away like the national Institute and the Centers for Disease Control there are a lot of other areas you might want to be aware of such as the substance abuse and mental health administration which is one of the few federal level courses for mental health documentation. Were gonna start with the Department of Health and Human Services. It became a standalone agency in 1980. It's a vast agency. It has many different departments all related to health, public health, outreach, and research. One of the things it does not include the Social Security. I mentioned that because on their website they very clearly mentioned they are not involved in Social Security which I thought to be rather interesting. This is a very abbreviated look at the organization structure. They have two main branches. The office of the assistant sector itself and operating. To of the agencies under the office of assistant secretary of the Surgeon General in the office of minority health. Specifically the office of minority health works with a lot of the

operating divisions brings her information under one particular group. It contains the groups are most likely to have heard up. The Center for disease control, the FDA, the national Institute of health under the national Institute of health our resources you've probably heard of as well. Pub med is a very professional resource that has a lot of academic research, resources, the public resource that has a conglomeration of content both federal and outside and those are available at a number of different reading levels and is a very hopeful [Indiscernible]. And NAD and that's the national Institute of allergy and infectious diseases. One reason included them is that it's the office were Doctor Fosse is currently from. If you venting paying attention to the news this were Doctor Fosse falls under this division. The Health and Human Services also brings in resources from other federal agencies report. Francisca the Department of Defense provides information from Health and Human Services. USDA works partnership with the food and drug administration. It provides information for the Department of Defense and the right and receive information. If the whole web of interaction that's going on. Were gonna focus on big ones. Because everybody has probably been doing a lot is doomed meetings I threw in some trivia. What was the first U.S. agency to address public health? It gives a little bit of background and it's a little bit surprising in some cases. The U.S. Marine Hospital service is started in 1798. It stayed under there until 1930. That's when it became the U.S. Public health service and it's where the office of the Surgeon General comes from. If you've ever wondered why there's a Surgeon General and why that particular position has a military style uniforms it's because of this background and that's an evil inspired uniform. It goes all the way back to the hospital service. Under larger Health and Human Services comes the centers for the disease control. There are a few areas here that I wanted everybody to take a look at. The first is [CDC.gov/publication](https://www.cdc.gov/publication). One the challenges of the CDC site is that it's [Indiscernible] so much information. If you go to [CDC.com.gov](https://www.cdc.com.gov). You get a much more user-friendly resource. It's going to have things like the morbidity and mortality weekly report. If you have students in the health sciences they can put in their email address and you can see the morbidity and mortality reports. It's going to cover outbreaks of diseases, findings, right now it has a huge quantity on research into Covid. This CDC stacks is very familiar it's format. You're probably pretty familiar with this slide. If you go under more and go to publications with are going to provide is the main publication including morbidity and mortality weekly report which I really enjoy. But also merging effective diseases and climate. It's really nice here is a publications by topic. That of doing a search and narrow down within the website if you start here it will take you directly to things like infographics, fact sheets or if it's all that content. It will give you an option in other languages. One my favorite things and I would bookmark this is the stacks resources. What I really like about this is looking into it it very much is similar to a library catalog search. You will have a list of information that's trending has recently been active. If you going to the search search all the collections you get this. This makes my heart happy. You can narrow down by year genre the document type which is so nice because you have indexes, books, charts, journal articles, minutes, newsletters, posters. This will tell you if there's a podcast, transcript. You have additional subjects you can choose from. If you used using something like primo or similar cataloging tool this is basically the same thing. You can also specify for location from California to Cambodia. This includes international literature as well. This can make your life so much easier if you're looking for specific ports or statistics or cable. It also is very sensitive towards spelling. Keep that in mind as well. Are prone to typos you want to make sure you're putting in the right terms. I would keep [CDC.gov](https://www.cdc.gov) publications or the stacks in your toolkit. When Covid was first emergent there was quite a bit of criticism like how is CDC providing statistics, are they accurate? Wisser discrepancies between

what the states are reporting what the CDC is reporting. The CDC gets all the content from the state and spaced on the state. Whenever you're dealing with a state-by-state basis in others can be some differences in how some things are going to be reported. If there's a state that not doing a great job their numbers are not going to be as great. There's also been some news about changing reporting structure. And changing it from directly to the CDC and the system to something else called protect. What I can tell this hasn't actually changed much at least in terms for my state and North Dakota. North Dakota is going to be ramping up testing so we will see how that changes. I'm keeping an eye on my state site and the CDC site. From what I can tell the changes in reporting is primarily for hospitals and hospitals still have to report to states and are still reporting to the CDC. There's not really that much of a change. If you really want to find out if you have allergies under Covid the best way to do so is get tested. I recommend if you're looking for a lower level of information, and by that I mean more local, you look for county and city information you still want to go back to the state. This is what it looks like with North Dakota department. You could see where you could go to the testing and all the locations that don't have testing. If you want to find information I know a lot of people have a resource from Harvard but I'm just gonna put in a quick plug for the library guide or health database where volunteers have gone in and put together resources specifically on coded. This is near and dear to my heart. The CDC the level of resources are going to cover pretty much everything. They have a lot of public content but have a lot of professional content and statistic's. There has been some did be regarding nonpartisan the CDC is personally, I find is they are professionals doing their job and are providing the best information they can't. They are also providing hopeful information. One of my favorites has been my guidelines for how to make your own map. They have been good about providing infographics and information you can share and use to Facebook in your library websites. Course, one thing people have been heading to CDC for has been the symptoms of coping. I've created a colorful portal. We have shortness of breath, vomiting, cough, sore muscle, breathing in all these things cover a lot of areas. I don't think it's helping people all that much. As we find out more and more this list is expanding. [Indiscernible -- low volume] based on knowledge of other viruses. For example, [Indiscernible] case. This is going to lead us to our next little bit of trivia. The symptoms of yellow fever include fever, headaches, jaundice, vomiting, fatigue. You can add into I have yellow fever as well? The big difference is jaundice. Who discovers the vector for yellow fever? This is a little bit of a trick question. Is Carlos and Walter Reed. Carlos discovered it was a mosquito transmitting yellow fever. It was a research and United States Army commission. I said before about how the department of defense has a lot going on in regards to research. This is one of those examples where research indicates something very much utilized outside of the military. The report written is the convention of yellow fever by the Army commission and you can get this for free from pub med. Pub med comes over the national Institute. I do utilize these resources regularly. Pub med is focused on research, if you want to get materials that are accessible you can search for pub med central. Simply limit the source to PNC. That can be more open source content. Right now they have a lot of information on SARS and Covid that they have put together in one place. Another little bit of trivia pub med is coming from the category of national centers for bio technology information. It's an CBI.ML and for national library another useful resource that comes from pub med is the medical subject heading. If you have not used these you want to explore them. This is the controlled language utilized by the database. If you're looking for very specific condition you want to make sure you're using the right terminology and this is where you can go to explore which terms to use to get the best. That's something I would take a look at. The national Library

of medicine has all sorts of wonderful resources. Most people have probably heard of MEDLINEplus and that's the public focused resource. Has a lot of material generated from outside the federal government. So there's John Hopkins or the Mayo Clinic for various organizations that focus on specific conditions. It's a one-stop shop for a lot of content. They've a few things that are of particular use. One of his the drug and supplement information. Especially for taking vitamins or any kind of supplement this will tell you what kind of research has been done on the efficiency and effectiveness of that particular substance. It will also give you information about drug interactions which is not very common. This is a great resource. The others clinical trials. If you want to get in on this vaccine for Covid this is where you would look to clinical trials are currently happening and in particular areas. They also have local trials for just about everything as well.'s all-in-one site and will tell you if they're open, closed and direct you to the findings which is helpful. Another fun or perhaps frightening resource is pillbox. Pillbox is a resource that will help you to identify a pill based on color, shape, text or symbol on it. For example, what is this pill? In this case has a very unique shape. It has lettering and it's white. With those three factors chances are you will be able to identify the particular pill. They will also sometimes give the dimensions as well. When you do a search it will give you everything that will qualify under those categories. You can see this is what that is. She find something in your couch cushion, if you want to make sure someone you care about is taking the right medication this is one way to identify the's. What happens in this particular item that's what Hydro oxychloride sulfite looks like which brings us to the FDA. They are the ones that put this information together since they are the ones that approved the use of this particular drug and many other drugs. This is the relocation of using that particular treatment for COVID-19 based on additional studies that are done. The FDA provides a lot of information for the public for drugs, for cosmetics, and food. They are involved with all of food medication cosmetics and they have a great site for videos as well. All the long information sheets that come with prescription drugs are required by the FDA and you can find copies of them on their website. They are also involved in labeling regulations. If you are making a medical claim you have to meet those claims but they also are involved with definitions for things like gluten-free. A big part of that is related to allergies. You will find it's going to be predominantly ingredients not listed like milk or nuts or something that could cause an allergic reaction. They also have been doing a number of recalls for hand sanitizer. Some is hand sanitizer's contain methanol alcohol which is very different from the alcohol it's supposed to contain is actually very dangerous and some individuals have become ill from attempting to injustice methanol-based hand sanitizer. It also observed rips into the skin differently which is a big problem. What is the FDA come from? They had a picture of puppy on it. They come from the 1906's food and drug act that was one of the highlights of theater results. They were looking at accuracy, safety, making sure they had warnings on materials, approving the drugs and devices. If it's a medical device it works with the FDA to make sure it's actually safe. And a lot of these have come from cases were something want to market and it wasn't safe. When the food and drug act was passed they worked with things going on regarding canned meats that were bad in making people sick or products doctored. It might seem odd but people were adding yellow coloring to buttery to make it look like it had a higher fat content or adding chalk and water to formula product's to save money. 80 percent of the foods currently used are monitored by the FDA. If there's a recall because of contamination it's going to come from the FDA. If you have E. coli or Salmonella contamination those are the ones paying attention to this which makes a lot of sense since there under Health and Human Services and states report cases of outbreaks through those agencies and then they

can be tracked by the CDC. They are all interconnected. You might be wondering about the other 20 percent food out there. That's going to be monitored by the FDA. There's a little bit of an outline here but they have been interested in public health for a long time. This is an image that comes from school lunches bulletin specifically it was an updated version. Trying to make sure America's children are getting adequate nutrition has been something they've worked on for very long time. What does the USDA do in terms of health? They do inspections. They will give recalls of meat and poultry. They are running it's that program which is the cystic nutrition program that many people are relying on to get enough to eat. They produce all these dietary guidelines. Here's example of the 2015 to 2020. As a result you get a lot of information on recipes, on what you should be eating, with an actual portion size, how many vegetables you should be eating everyday and they also have the agricultural marketing service. I included this because like the FDA has regulations regarding what constitutes something and free the agricultural marketing service is one defining things like organic and USDA inspected. What's a jumbo egg mercy versus medium. What kind of nutrition are you get from those. That's the agricultural marketing. They also have really wonderful resources including in this case pub med and this is from the agricultural library. If you've not on the agricultural library something you should very much check out and we are going to go there.

Here's the national agricultural library. Other than just nutrition there are other areas where the USDA is very active and that's going to be around diseases that affect animals. If it can affect an animal that's raised for food the USDA's can be very interested. That could be bird flu, swine flu, mad cow disease, scabies which is a prion disease affecting sheet. Those are all things are monitoring. Especially if your shipping animals across state lines. Across national borders. The agricultural library has wonderful content. We've a whole exploration. If you go these online resources you see they have a curriculum. Agricola is a wonderful source for articles, book it's, images, digital collection, historic content. It's not always going to be text. I would kind of think of the equivalent of pub med for agricultural content. Agricultural basis. If you're working with people who are gardening, farmers, this is something that should be pretty familiar or want to familiar sizes up with. Through this we can get to the add data comments, the digital collections good at making things together. You can see they've information fisheries and food processing. There's also wonderful terms coming up so you make sure you were spelling things correctly. Here they have treatments for scabies. If you do a search for coded you're going to find content here as well. For instance, this article on Spanish Covid 19 lockdown if it was being transmitted to Pat's. These are ones I would definitely bookmark as places to go back to. Go back to the department of agriculture and the library content. They are really great source of health information. Of course there are other sources and groups providing content. Another area where the USDA is providing content is used for service. If you are looking at the national weather service all those agencies are providing information on issues like air-quality. If you're from the west and you have a fire season you will know there'll be alerts regarding the air-quality standards during a fire. Apparently it's getting to me. I used to live in Montana and we have a very bad fire season there a few years ago where the air-quality was hazardous for months at a time. That's another public health source. FEMA does have health policy information specifically in how they would go about dealing with health issues in regards to emergency. If you have flooding, and proper nutrition, clean water, and emergency management aspect. Delivering resources. I would have to say USDA and Health and Human Services are going to be your main sources. That brings us to questions. If there's a specific site you want to go more in

depth with like pub matter Medline read the question about where to look for specific sores or particular topic please put that in the chat. Are we doing, Kathy?

If you have questions about historic epidemiology you can ask me those two.

Sorry, to well scroll up. Abby is asking where was the add page that listed Agricola and etc.

We go back to sharing. We want to go for this is the national agricultural library page and that will have the links to all the's. That's NAL.USDA.GOP. GOP. You can also see they have a quick link to their coded content.

Are there any more questions for Suzanne? Okay. Does anyone regulate pet food?

That's a great question. I want to say that comes under the FDA. But I know there have been recalls on that. There was a recall on dog food and cat food because they contained basically something poisonous. I can also look that up.

Maria is asking can you search middle lamp. I can't remember whether that's metal live or not. I know you can search it to science.gov I'm pretty sure it's included.

It's the FDA the issues recalls on dog food. The FDA does not regulate vitamins and supplements the same way they regulate drugs. There is an attempt in the 90s to increase their oversight on that. They were making unsubstantiated claims. They were not what they were supposed to be. They will only look into something that the health concern. People getting sick from them. You will see research where people have taken a variety of supplements and set them to a lab to find out what they actually contain. They have six or seven different items and it could've been Rose hip or something else but when they tested them they contained garlic powder. With the exception of the garlic supplement which contains something else. Basically unless there's a health consideration as there was with Fen/Phen which was a weight loss drug people are suffering cardiac issues there's not a lot they can legally do to monitor that. It's not like the monitor drugs.

We all like trivia. It was broken out in the 1990s. Fairly recently. Social Security and Medicare work together but that portion actually stayed under Health and Human Services.

Mary Ellen does like the historical facts.

I'm a medical history enthusiast and I became so excited when I discovered maps for the DC area where they were testing various water sources for the presence of cholera. If you read the plague map which was the beginning of epidemiology were an individual in London was able to conform a source there's one specific water their it's very much similar to that. There's a map of DC with little red squares on it. Let's see. Marielle says she's a veterans library. You may be hearing from me.

The VA has some wonderful resources. We have been a research hub for a long period of time. Says they have a lot of content there. Also since the Civil War the military has issued research on

the effects of various [Indiscernible]. A lot of early research on poisonous gas in World War I is there. If you're looking at more recent material reports issued from the one has a lot to do with absolutely amazing and intense reconstructive surveys that can be done. Frequently it's done by transfers over into civilian realm. Select content is amazing. They were whole dental Corps. If you look at be one of three there's a whole big reports and studies of military research it with the registry in World War I it's the first time a lot of people had seen it dentist. There's a long history of medical research in the military.

Do we have any more comments or questions for Suzanne? Could you go ahead and put the link for the survey please. While you're waiting, I want to mention that the next webinar is going to be Tuesday. It's going to be on regulations. If you haven't signed up and are interested please go ahead and register. In September whatever somebody speaking about government citations. Keep those things in mind. Unless anybody has anything else there will sign off. Thank you so much for joining us. Thank you so much.

Thank you. [Event Concluded]