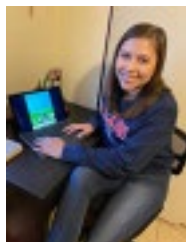


During Fall 2020, public health undergraduate student interns collaborated with health department staff and Zuckerman College of Public Health faculty and staff to complete community engagement projects on behalf of the Academic Health Department Initiative. The students created a blog summarizing their experiences.



## Esmeralda Chavez Hometown: Yuma, AZ

This semester, I completed my internship at MEZCOPH's Office of Community Engagement and Outreach's as a graphic designer. Interning with the Academic Health Department allowed me to be involved with projects I am passionate about. During the internship, I worked with the Yuma County Public Health Services District, located in my hometown, to create health material for the community. My first project was to make health material to promote influenza vaccinations for the farmworker community. Protecting farmworker health is important to me because my dad dedicated his life to farm work. Yuma has a large farmworker population, particularly in the winter, and the county wants to ensure these hardworking individual's health is protected. I enjoyed the opportunity to create materials that communicate public health information in a way that appeals to the target population and I am also thankful for the people I have met through this experience.

Through my internship experience at the Academic Health Department, I worked and collaborated with kind, caring, and passionate people. I felt comfortable to share my ideas. Prior to starting my internship, I was apprehensive because I was not sure what to expect, but now I feel comfortable and am excited to help to keep my community healthy. Collaborating with Diana Gomez, Yuma County Public Health Services District Director, has been a fantastic experience. She is a great role model and is clearly passionate about her job and community, which is evident during our weekly meetings. As a Yuma County resident, it is comforting to know that our health director is such a caring and capable person.

**Unsure if you have COVID-19 or the Flu?**  
Symptoms can be similar

It's hard to know the difference without a test

COVID-19 or Flu

**Take Charge of your Health!**  
Don't wait, get tested

While you wait for your results make sure to...

- Stay home**  
Limit contact with household members
- Monitor health**  
Watch for new or worsening symptoms
- Be prepared to answer the phone**  
The health department may call to find out more about the illness
- Wash hands**  
For at least 20 seconds with soap and water
- Disinfect**  
Commonly touched surfaces

Source: CDC.gov  
Creator: Esmeralda Chavez

Yuma County Health Department AHD Testing Graphic