

## **Dr. Briggs Advises Professionals on Staying Relevant in Global Public Health Work (3:20 minutes)**

**Time Stamp 00:00:00:** I think the way to maintain a good skill set and keep up with the information that's available and the latest data is to read the literature, to get on the website — just not on every website, because there's a lot of misinformation out there — but to get on the sites for the Centers for Disease Control and Prevention and the World Health Organization, and if you're a veterinarian, to get on the World Animal Health Association Network, FAO, other organizations, UNICEF, whatever you're interested in and see what's going on.

**Time Stamp 00:00:34:** I do travel quite a bit for my job, for my profession, and it's always a concern: How do you stay healthy? Because when you go to various countries, you're in a different time zone. You're eating different food. You could be subject to whatever infection is there. I would just recommend for anybody who is traveling to try to get some rest while you're traveling. Sleep on the airplane if you can. And be careful about what you're eating when you get to your final destination.

**Time Stamp 00:01:08:** I think it's very important when you travel to make sure that you watch what you eat so that you don't eat food that's been produced by street vendors if it doesn't look like it's going to be safe. To go to restaurants that are adhering to public health policies, and to try to get as much sleep as you can. To take the — I take vitamins all the time. And when I come back to my residence, I try to at least take a few days off to recuperate.

**Time Stamp 00:01:41:** If a person is going to go into global public health, I think some of the most important technologies are actually to understand statistics, to understand modeling, and epidemiology and how it works, and also to understand communications. I think that the communications that are available now and how to communicate — it's just phenomenal. So I think that we need to understand and be aware of the latest technologies regarding those particular items.

**Time Stamp 00:02:14:** If you're asking how can a public health worker prepare for a disaster, I don't know if it's totally possible, 100 percent. We all thought that we would be prepared for any disaster when we look at Japan, and obviously, they're doing a wonderful job. They're doing the best they can. But in listening to the people who are there, they said they were overwhelmed with how the disaster was. I think that the best we can do is to get the appropriate education, to have some field experience, to keep up with our own vaccinations, etc., but really, if someone is going into disaster or disaster help or help with disasters, I think they really need to look at a career that has education in that particular method, and that would probably include the Centers for Disease Control training or other specific training that's offered by the U.S. government.