

The background features a dark purple gradient with abstract, wavy shapes in shades of orange and light purple. Several stylized virus particles are scattered throughout, including a large one in the top left and another in the bottom right. The text is centered in a clean, white, sans-serif font.

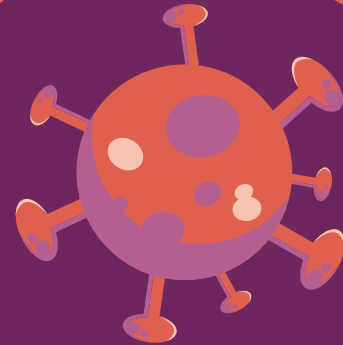
Society for Viral Studies

GBM 5
November 1, 2021



Member Monday

All members please fill out this form now!



Member Appreciation

Shout out your favorite virology friends for doing something cool or nice!

- Alexia C. & Urvi P.
 - Amazing job tabling at the Healthcare Career Conference!

UF Research and Professional Opportunities

If you took MDU4003 and got an A, consider MDU4004!

Many of you completed MDU4003, Intro to the Profession of Medicine. After a long COVID related hiatus, MDU4004 Physician Shadowing is back on the books for spring! Please look at this link to find out how to apply for this course, the deadline to do so, etc.

<https://psychiatry.ufl.edu/education/mel-undergrad-courses/mdu4004/>

SHPEP questions to alessiobarca@ufl.edu

My name is Alessio Barca and I am a current ambassador for the Summer Health Professions Education Program (SHPEP). SHPEP is a **FREE six-week summer enrichment program** that prepares college students for a career in the health professions by enhancing their academic proficiency and providing career development opportunities. Participation in SHPEP may better position students for acceptance into advanced-degree programs.

I have scheduled a Zoom interest meeting for **Wednesday, November 3rd at 7:00 PM EST** to provide potential applicants with a more detailed explanation of what SHPEP is and what they can gain from it.

- Zoom Meeting Link: <https://ufl.zoom.us/j/99997239831>

I have also created a Google Form for students who would like to receive more information about this program as we progress through the application cycle.

- SHPEP Interest Google Form: <https://forms.gle/tRb6kTegMYMUhCiq5>



Weekly Wisdom: Seasonal Viruses and Illnesses



The Flu

The flu season lasts from October through May. It is caused by influenza viruses. Symptoms include sudden fatigue, sore throat, fever, headache, and chills



The Common Cold

Colds can be caused by a number of different viruses, such as rhinoviruses and parainfluenza. Symptoms are similar to the Flu, but are more mild



Seasonal Allergies

Seasonal allergies create symptoms similar to being sick, including runny or stuffy nose, sneezing, headache, and watery eyes.



Sore Throats

Are commonly caused by viral infections, such as colds and the flu. They can persist after the cold or flu has subsided

Weekly Wisdom: Seasonal Viruses and Illnesses

The Flu vs The Common Cold

1. It is difficult to distinguish between the flu and the common cold due to the similar symptoms
2. The flu is more intense and begins more abruptly
3. People with the common cold are more likely to have stuffy or runny noses



Preventions

1. Get vaccinated for the flu!
2. Wash your hands often
3. Avoid crowded places
4. Get plenty of rest and maintain a healthy diet



Mini Debate Activity

01

It is not worth getting vaccinated every year for a seasonal virus
Right Side

03

1 minute per side for argument, then 1 minute for rebuttal
Debate

Left Side

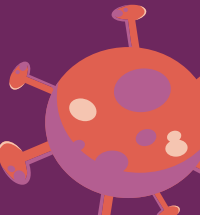
You should get vaccinated every year for a seasonal virus

02

Preparing

Take 3 minutes to prepare your arguments and pick a spokesperson

04

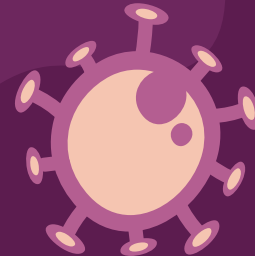
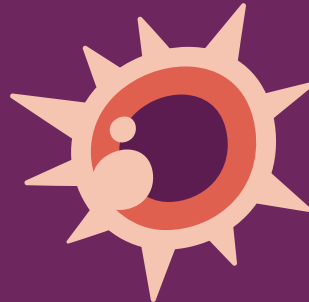
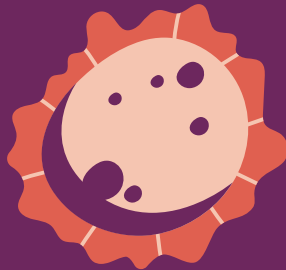


Volunteering

Nicoya Farm

We will be volunteering at Nicoya Farm on Wednesday, November 10th from 9am-12pm!

Stay tuned for carpooling details in the volunteering channel



Peanut Butter Drive

We will be collecting unopened jars of peanut butter throughout November for the Field & Fork Pantry



10/26

Tabling

Thank you to everyone who came to visit us at the "Careers in Healthcare Conference" tabling event!

Halloween Party

Thanks to everyone who came to our Halloween Party! We had a great time making spooky crafts, playing games, and baking cookies!



Upcoming Events



Movie Social

Sunday, Nov. 14th at 3pm
Reitz Union



GBM 6: Guest Speaker

Monday, Nov. 15th at 7:30pm
Reitz Room 2315 or Zoom
<https://ufl.zoom.us/j/98737398845>



GBM 7: Game Night!

Monday, Nov. 29th at 7:30pm
Reitz Room 2315 or Zoom
<https://ufl.zoom.us/j/98737398845>
(to play card games with us
you will need to attend in
person!)



Holiday Party

Monday, Dec. 6th at 7pm
at the Cheesecake Factory
RSVP to Erica
Bring a \$10 value wrapped
gift to exchange!

Squishable Fundraiser

- Micro Squishable on keychain: Doctor Plague
- 3 inches tall
- Lantern glows in the dark
- \$15 each
- If at least 3 people order shipping is free
- Message Erica on Slack to get yours!



Trip Update

Lerner Research Institute has officially canceled due to COVID-19 concerns :(

BUT...

Get excited for Spring 2022!:

- Cushing Brain Collection
- Connecticut Science Center

Sticker Raffle Winners

GBM 4
Alexia

01



02

Halloween Party

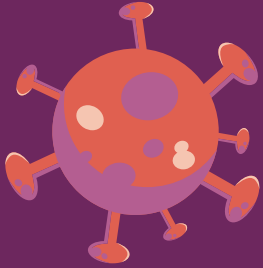
Alessandra

03

GBM 5

People here today!

Will be done at GBM 6



General Information

For more information about active member requirements, ordering viral merchandise, or a calendar of events, please refer to our website or see an officer!

virologyuf.weebly.com





Balance your PIES (physical, intellectual, emotional, sleep)

Remove “um” from your vocabulary

Question everything

When everyone says you can't, keep going

Don't limit yourself; keep your options open

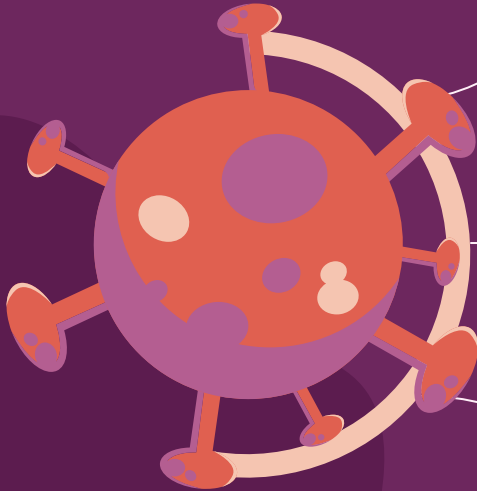
Don't be scared to ask for help

—Dr. Jim Maruniak, SVS Founder

Final Announcements



Join Slack via
this QR code!



01

Movie Social:

Sunday, November 14
3:00pm
Reitz Union

02

Next GBM

Monday, November 15
7:30pm
Reitz 2315 or Zoom

03

Social Media

Slack: uf-svs.slack.com
Facebook: UF Society for Viral Studies
Instagram: [@virology.uf](https://www.instagram.com/virology.uf)
Website: virologyuf.weebly.com

Questions?

Thanks for coming!

virology.uf@gmail.com

uf-svs.slack.com

virologyuf.weebly.com



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