

# THE WAITING GAME

The title "THE WAITING GAME" is rendered in a bold, blue, rounded font with a white outline. The text is decorated with several colorful icons: a green snake on the left, a red ECG line passing through the letter 'E', an orange bacterium on top of 'W', a white mosquito on top of 'I', a yellow sun behind 'G', a green virus on the left of 'G' in the second line, and a purple jellyfish on the right of 'E' in the second line. The background is solid black.

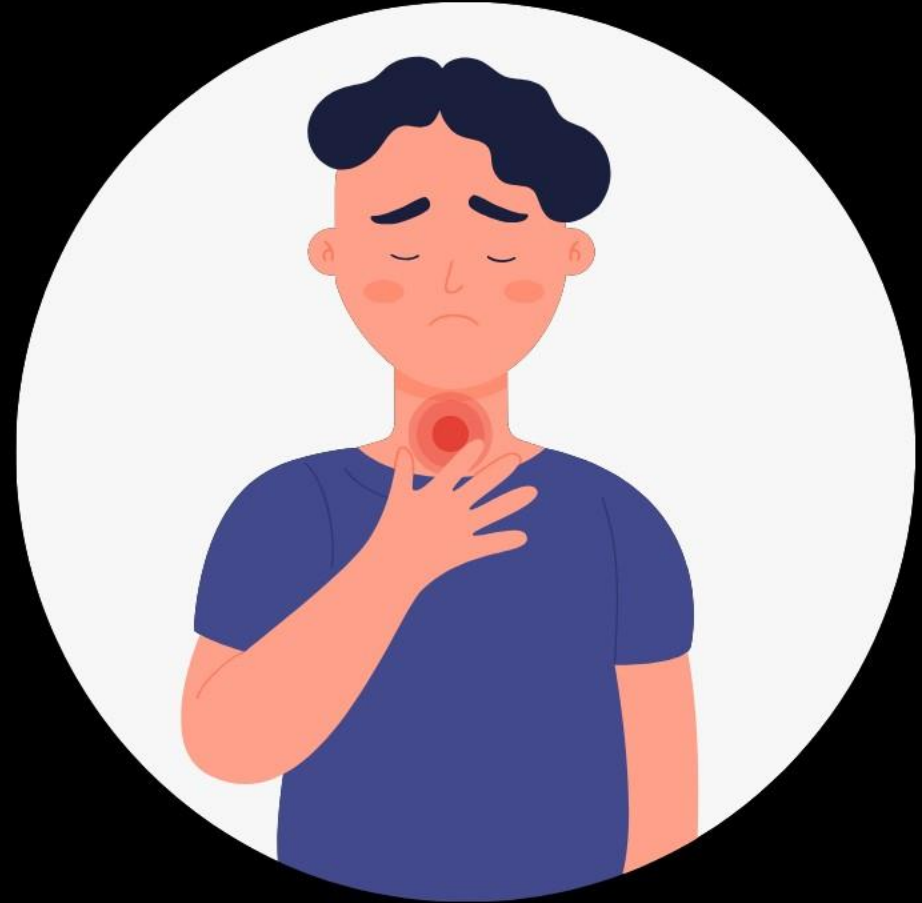
# MOST SORE THROATS ARE CAUSED BY:

**E. COLI BACTERIA**

**STREP BACTERIA**

**VIRUSES**

**ALLERGIES**



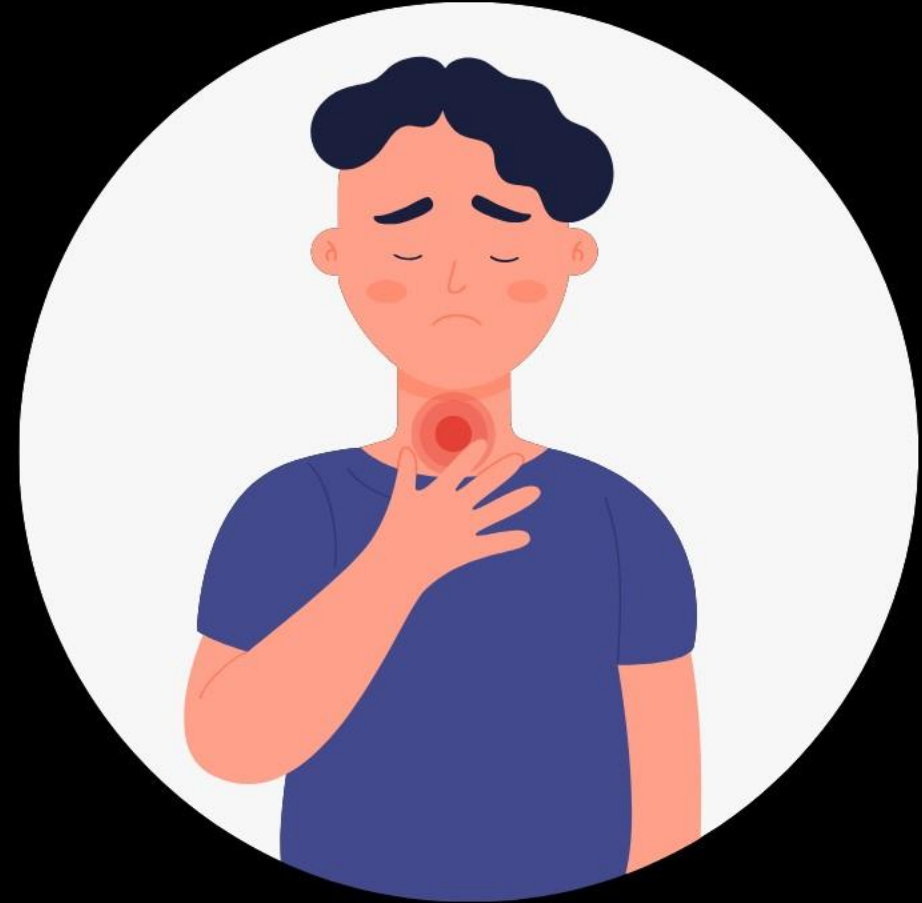
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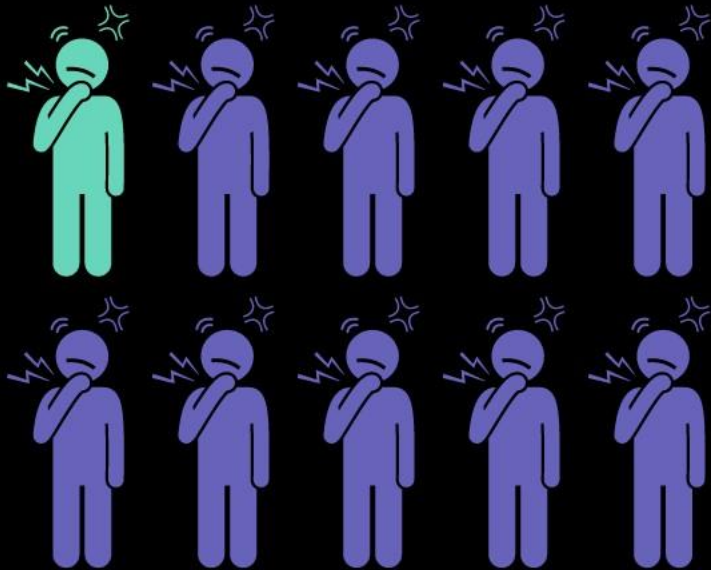
STREP BACTERIA

**VIRUSES**

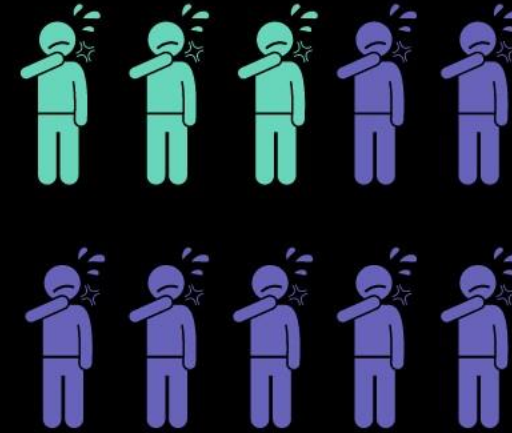
ALLERGIES



# MOST SORE THROATS ARE CAUSED BY VIRUSES



ONLY 1 IN 10 ADULTS WITH A SORE THROAT HAS STREP THROAT



ONLY 3 IN 10 KIDS WITH A SORE THROAT HAVE STREP THROAT

## ANTIBIOTICS DON'T KILL VIRUSES

[WWW.CDC.GOV/ANTIBIOTIC-USE/SORE-THROAT](http://WWW.CDC.GOV/ANTIBIOTIC-USE/SORE-THROAT)





**TRUE OR FALSE: MOST SNAKES IN  
SOUTH CAROLINA ARE VENOMOUS**

**TRUE**

**FALSE**



# TRUE OR FALSE: MOST SNAKES IN SOUTH CAROLINA ARE VENOMOUS

TRUE

FALSE



**THERE  
ARE**

**38 SNAKE  
SPECIES**

**IN SOUTH  
CAROLINA**



**ONLY 6 ARE  
VENOMOUS**



[WWW.DNR.SC.GOV/WILDLIFE/HERPS/SNAKES](http://WWW.DNR.SC.GOV/WILDLIFE/HERPS/SNAKES)

# TEENS SHOULD DRINK **NO MORE THAN THIS** MUCH CAFFEINE EACH DAY:

100 MG

200 MG

300 MG

400 MG



# TEENS SHOULD DRINK NO MORE THAN THIS MUCH CAFFEINE EACH DAY:

**100 MG**

200 MG

300 MG

400 MG





# TEENS WHO DRINK MORE THAN 100 MILLIGRAMS OF CAFFEINE MAY HAVE:



**INSOMNIA**

**AGITATION**

**PALPITATIONS**



[WWW.AACAP.ORG/AACAP/FAMILIES\\_AND\\_YOUTH/FACTS\\_FOR\\_FAMILIES/FFF-GUIDE/CAFFEINE\\_AND\\_CHILDREN-131.ASPX](http://WWW.AACAP.ORG/AACAP/FAMILIES_AND_YOUTH/FACTS_FOR_FAMILIES/FFF-GUIDE/CAFFEINE_AND_CHILDREN-131.ASPX)

# HOW MUCH CAFFEINE IS IN MY DRINK?



**REGULAR  
CUP O' JOE**

**95 MG**



**CELSIUS  
ENERGY DRINK**

**200 MG**



**LARGE PANERA  
CHARGED LEMONADE**

**390 MG**

# ADULTS NEED \_\_\_\_ MINUTES OF MODERATE AEROBIC EXERCISE PER WEEK?

150 MINUTES

100 MINUTES

75 MINUTES

60 MINUTES



# ADULTS NEED \_\_\_\_ MINUTES OF MODERATE AEROBIC EXERCISE PER WEEK?



**150 MINUTES**

**100 MINUTES**

**75 MINUTES**

**60 MINUTES**



[WWW.HEART.ORG/EN/HEALTHY-LIVING/GO-RED-GET-FIT/WHAT-EXERCISE-IS-RIGHT-FOR-ME](http://WWW.HEART.ORG/EN/HEALTHY-LIVING/GO-RED-GET-FIT/WHAT-EXERCISE-IS-RIGHT-FOR-ME)







# THE AMERICAN HEART ASSOCIATION RECOMMENDS

**150 MINUTES**  
MODERATE  
AEROBIC  
EXERCISE



**75 MINUTES**  
VIGOROUS  
AEROBIC  
EXERCISE



SPREAD THROUGHOUT THE WEEK

MONDAY



SUNDAY



# WHAT ARE EXAMPLES OF **MODERATE** AEROBIC EXERCISE?



**EASY BIKE  
RIDING**



**MOWING THE  
LAWN**



**HEAVY  
HOUSEWORK**



**TENNIS  
DOUBLES**



**BADMINTON**

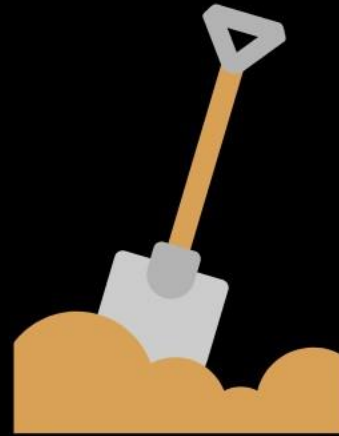
# WHAT ARE EXAMPLES OF VIGOROUS AEROBIC EXERCISE?



**HIKING**



**JOGGING**



**SHOVELING**



**TENNIS  
SINGLES**



**BASKETBALL**

# HOW MANY LIVES CAN ONE ORGAN DONOR SAVE?

2

4

6

8



# HOW MANY LIVES CAN ONE ORGAN DONOR SAVE?

2

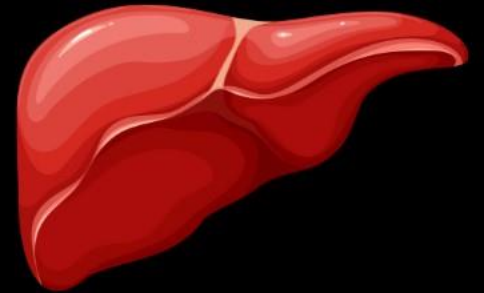
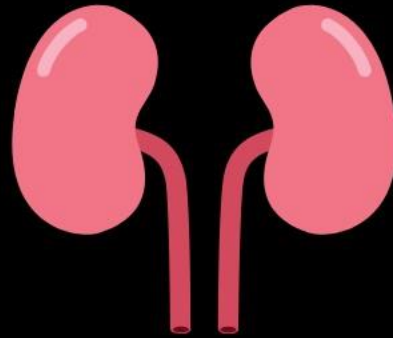
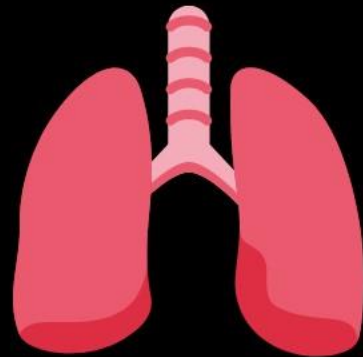
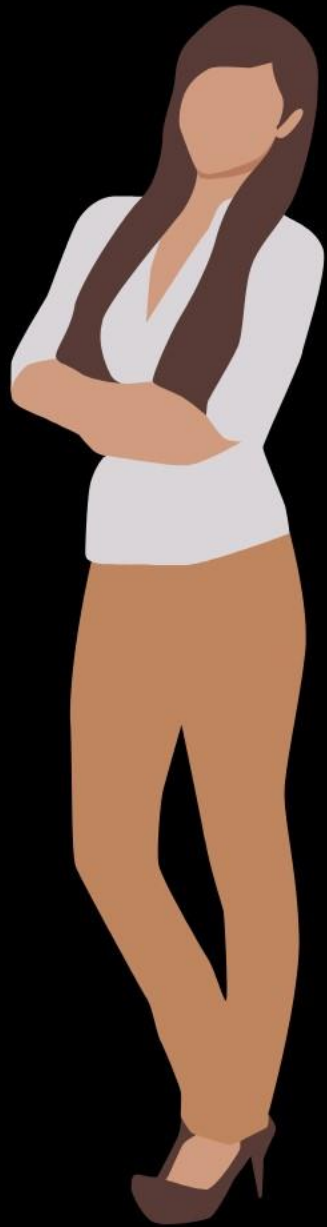
4

6

8



**ONE ORGAN DONOR CAN SAVE 8 LIVES  
AND ENHANCE THE LIVES OF 75 MORE**



**[WWW.ORGANDONOR.GOV/LEARN/WHAT-CAN-BE-DONATED](http://WWW.ORGANDONOR.GOV/LEARN/WHAT-CAN-BE-DONATED)**





# 3 WAYS TO REGISTER AS AN ORGAN DONOR:

**1**

**[WWW.DONATELIFESC.ORG/REGISTRATION](http://WWW.DONATELIFESC.ORG/REGISTRATION)**



# 3 WAYS TO REGISTER AS AN ORGAN DONOR:

**1**

**WWW.DONATELIFESC.ORG/REGISTRATION**



**2**

**SIGN UP RIGHT NOW IN YOUR IPHONE HEALTH APP  
SEARCH "DONOR" IN THE APP**



Health



# 3 WAYS TO REGISTER AS AN ORGAN DONOR:

**1**

**WWW.DONATELIFESC.ORG/REGISTRATION**



**2**

**SIGN UP NOW IN YOUR IPHONE HEALTH APP  
SEARCH "DONOR" IN THE APP**



Health



**3**

**SIGN UP AT THE DMV WHEN YOU RENEW  
YOUR DRIVER'S LICENSE**





# TICK BITES CAN CAUSE WHICH ILLNESS?

**MALARIA**

**WEST NILE**

**CHIKUNGUNYA**

**LYME DISEASE**





# TICK BITES CAN CAUSE WHICH ILLNESS?

**MALARIA**

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**CHIKUNGUNYA**

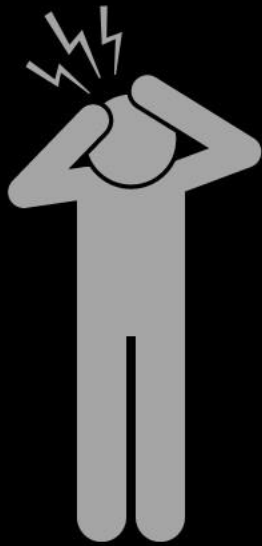
**LYME DISEASE**





# SYMPTOMS OF LYME DISEASE

WATCH FOR THESE 30 DAYS AFTER THE BITE



**HEADACHE**



**FEVER**



**RASH**



**FATIGUE**

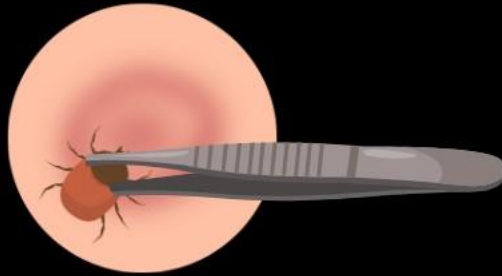


**CDC.GOV/LYME**

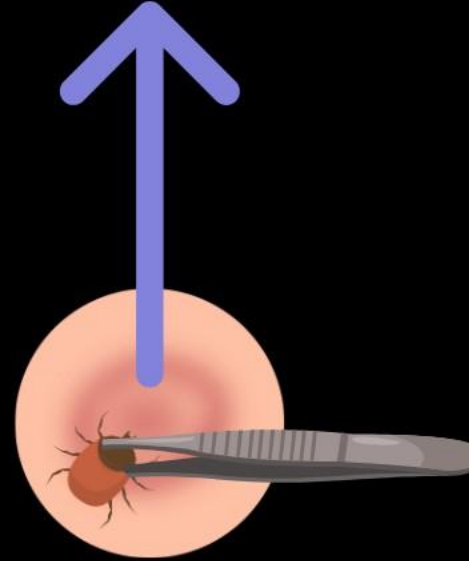
# IF YOU FIND A TICK



**REMOVE IT  
AS SOON AS  
POSSIBLE**



**GRASP WITH  
TWEEZERS  
RIGHT AT THE SKIN**



**PULL STRAIGHT UP  
WITH STEADY  
PRESSURE**

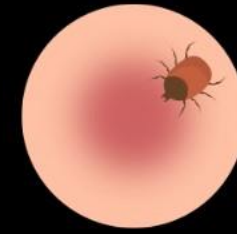


**WASH YOUR  
HANDS AND  
THE BITE**



[WWW.CDC.GOV/TICKS](http://WWW.CDC.GOV/TICKS)

# IF YOU FIND A TICK



**DON'T TWIST  
OR YANK**



**THIS COULD BREAK OFF  
MOUTH PARTS IN YOUR SKIN**

**DON'T BURN  
THE TICK**



**THIS COULD CAUSE THE TICK TO  
EXPEL STOMACH CONTENTS  
WITH LYME DISEASE BACTERIA  
INTO THE BITE**

**DON'T PAINT WITH NAIL  
POLISH OR VASELINE**



**IT'S BEST TO REMOVE  
THE TICK AS SOON AS  
POSSIBLE**

# LYME DISEASE MAP, 2022



SOURCE: [HTTPS://WWW.CDC.GOV/LYME/DATASURVEILLANCE/LYME-DISEASE-MAPS.HTML](https://www.cdc.gov/lyme/datasurveillance/lyme-disease-maps.html)



**MALARIA, WEST NILE,  
AND CHIKUNGUNYA  
ARE CAUSED BY  
MOSQUITO BITES**





# **AVOID INSECT BITES**

## **USE INSECT REPELLENTS**

**INSECT REPELLENTS THAT ARE REGISTERED WITH THE ENVIRONMENTAL PROTECTION AGENCY ARE SAFE AND EFFECTIVE**



**[HTTPS://WWW.EPA.GOV/INSECT-REPELLENTS](https://www.epa.gov/insect-repellents)**

# TRUE OR FALSE: SINUS INFECTIONS ARE USUALLY CAUSED BY BACTERIA

**TRUE**

**FALSE**



# TRUE OR FALSE: SINUS INFECTIONS ARE USUALLY CAUSED BY BACTERIA

TRUE

FALSE



[CDC.GOV/ANTIBIOTIC-USE/SINUS-INFECTION](https://www.cdc.gov/antibiotic-use/sinus-infection)



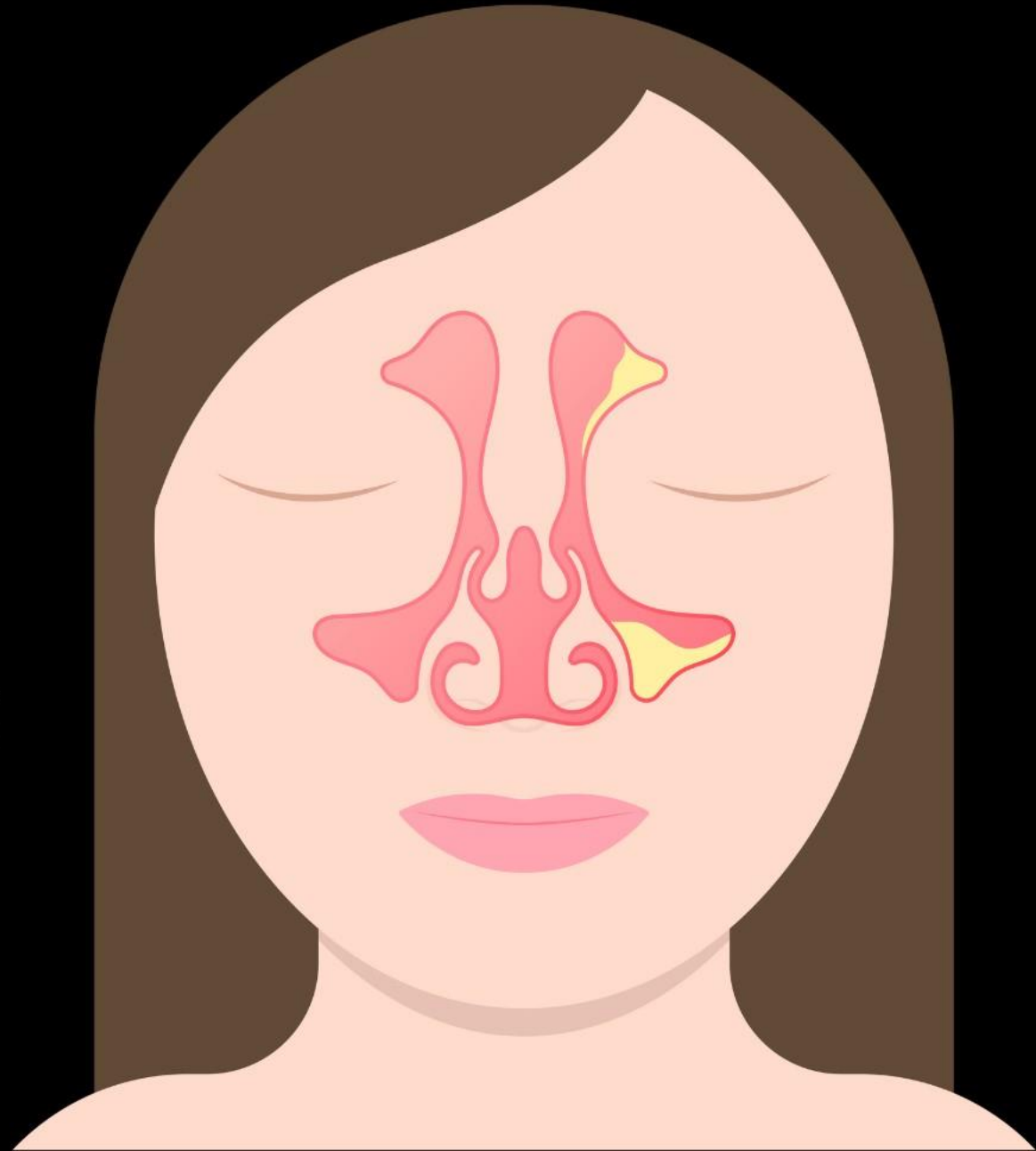


**VIRUSES**  
**CAUSE MOST**  
**SINUS INFECTIONS**

**HEALTHY SINUSES  
ARE FILLED WITH  
AIR**



**WHEN FLUID BUILDS  
UP, IT'S A GREAT  
PLACE FOR GERMS  
TO GROW**





**YOUR HEALTHCARE PROVIDER CAN DECIDE  
IF YOU NEED AN ANTIBIOTIC**



**AND EXPLAIN WHICH OVER-THE-COUNTER  
MEDICINES ARE RIGHT FOR YOU**

# WHAT SHOULD YOU DO IF YOU ARE CAUGHT IN A RIP CURRENT WHILE SWIMMING IN THE OCEAN?

**SWIM ON THE SURFACE STRAIGHT BACK TO THE SHORE**

**SWIM UNDERWATER STRAIGHT BACK TO THE SHORE**

**SWIM PARALLEL TO SHORE**



# WHAT SHOULD YOU DO IF YOU ARE CAUGHT IN A RIP CURRENT WHILE SWIMMING IN THE OCEAN?

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**SWIM PARALLEL TO SHORE**



# RIP CURRENTS ARE POWERFUL CHANNELS OF FAST-MOVING WATER THAT PULL SWIMMERS AWAY FROM THE SHORE





# IF YOU GET CAUGHT IN A RIP CURRENT, STAY CALM!

**RIP CURRENTS  
PULL SWIMMERS  
AWAY FROM SHORE  
BUT NOT UNDER  
WATER**



# DO NOT FIGHT THE CURRENT

PEOPLE DROWN BECAUSE THEY TIRE OUT  
TRYING TO SWIM AGAINST THE CURRENT



**DO NOT FIGHT THE CURRENT**

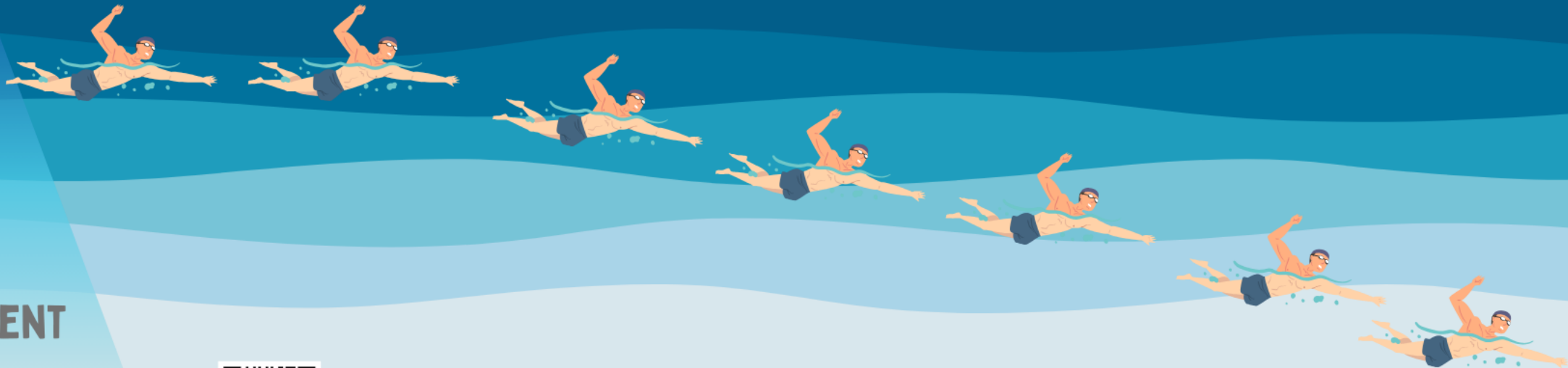
**STAY CALM AND FLOAT!**

**SHOUT FOR HELP TO PEOPLE ON THE SHORE**



# SWIM PARALLEL TO THE SHORE

USE THE MOMENTUM OF THE WAVES TO HELP YOU SWIM BACK TO THE SHORE AT AN ANGLE



RIP CURRENT

NOAA.GOV





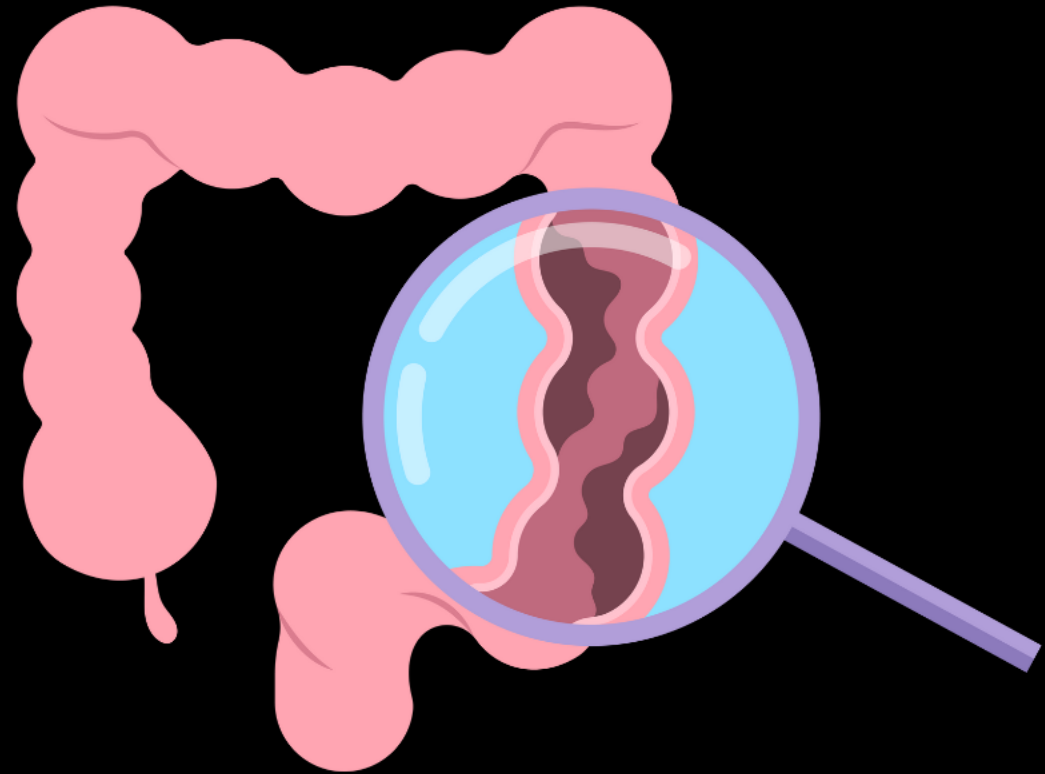
# WHAT IS THE RECOMMENDED AGE TO START SCREENING FOR COLON CANCER?

40

45

50

60



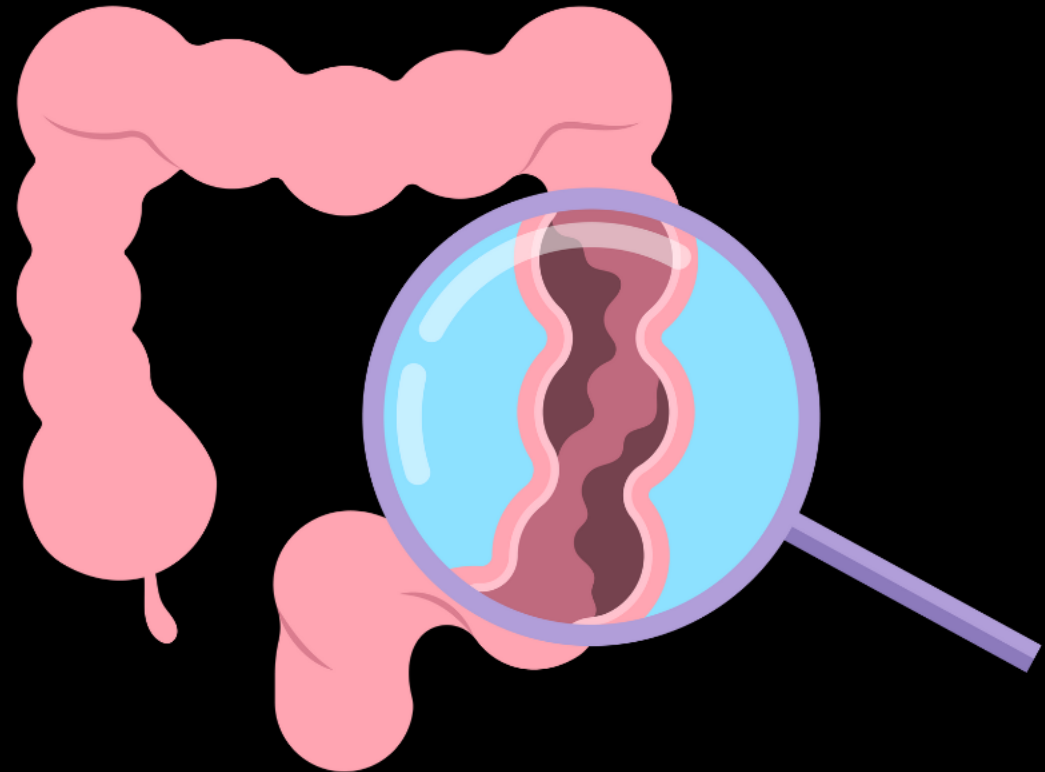
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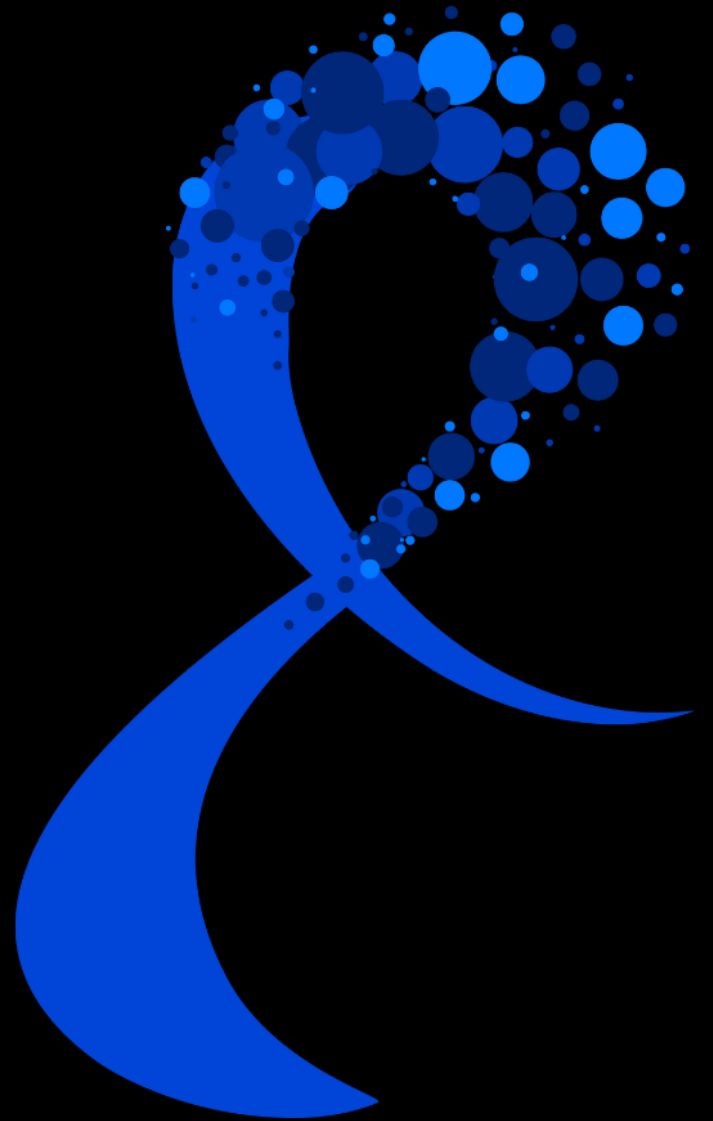
45

50

60



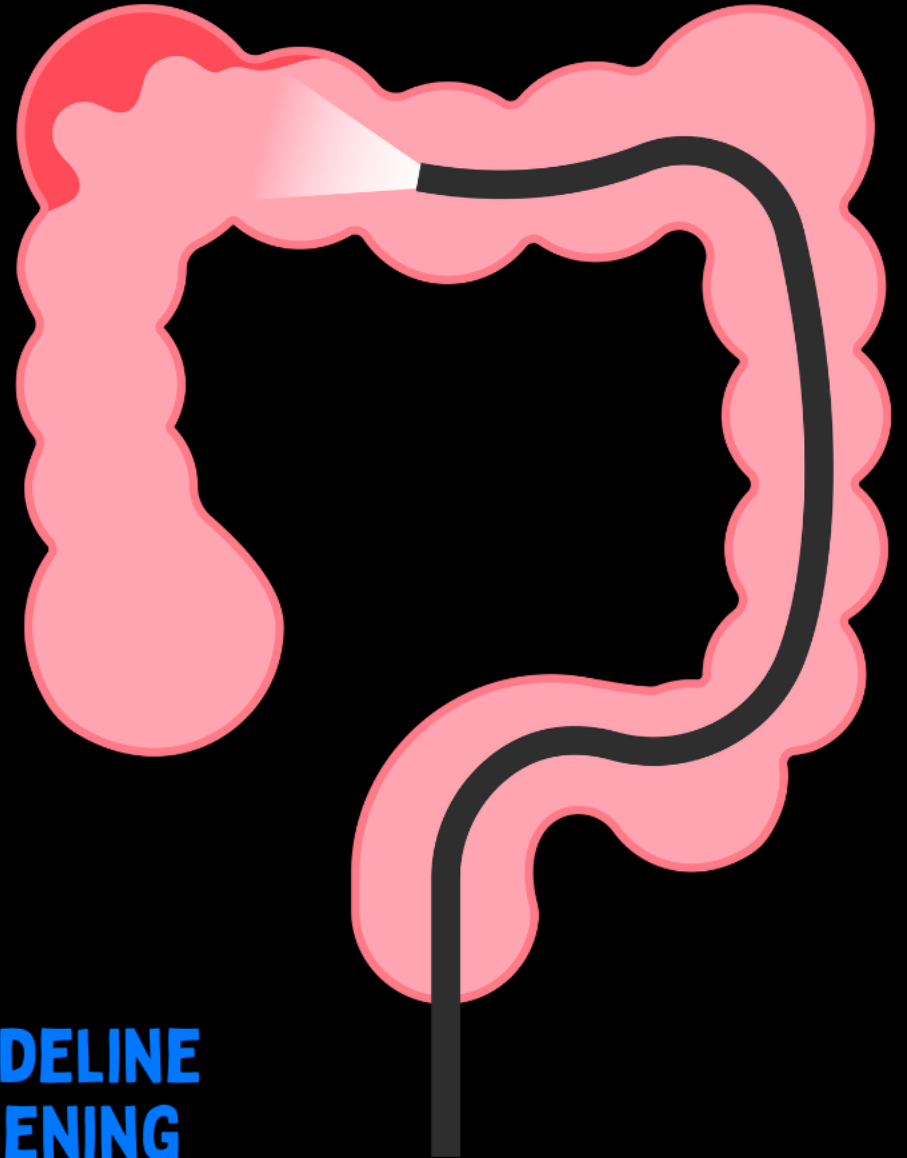
**COLORECTAL CANCER  
RATES ARE  
RAPIDLY RISING  
AMONG YOUNG ADULTS**



**SCREENING IS NOW  
RECOMMENDED  
STARTING AT AGE 45**



**AMERICAN CANCER SOCIETY GUIDELINE  
FOR COLORECTAL CANCER SCREENING**





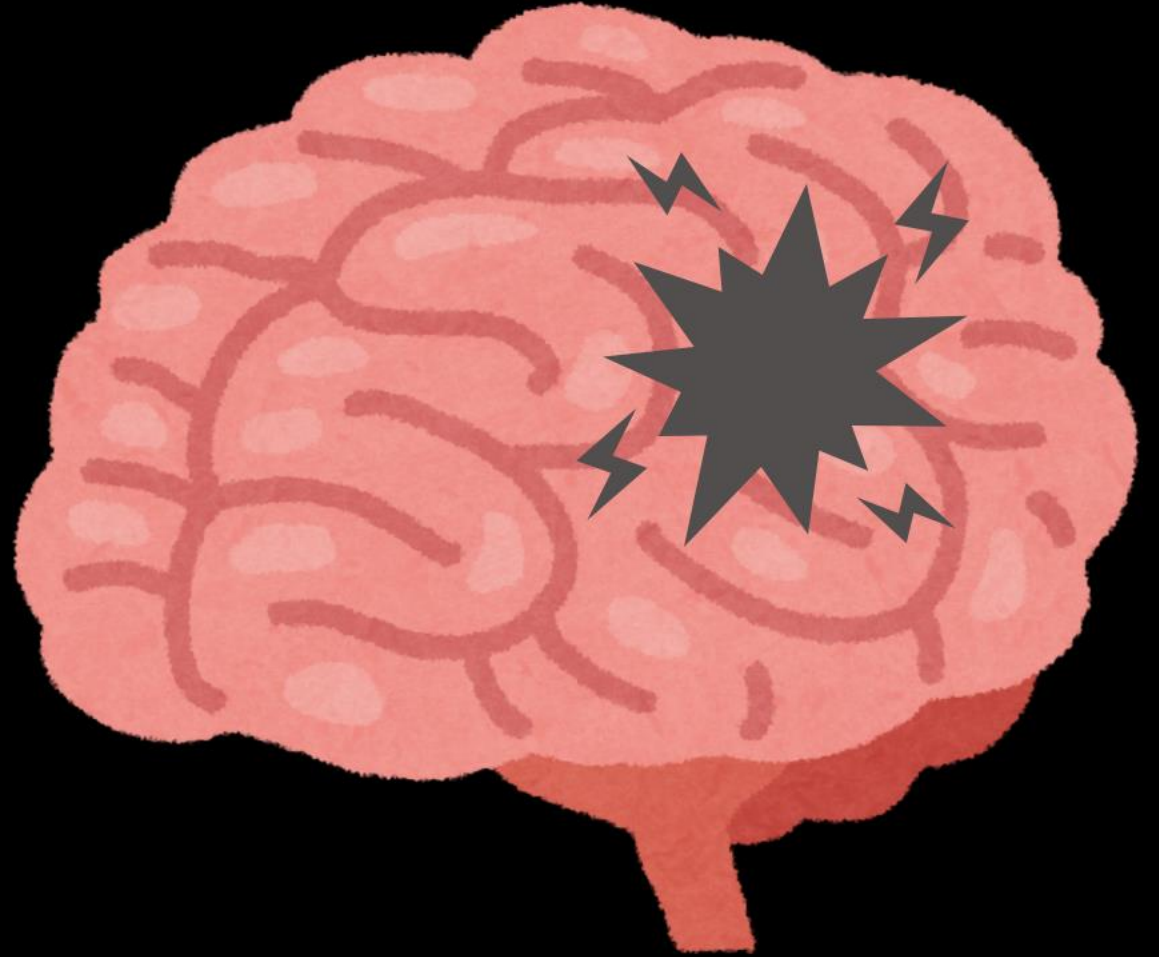
# WHICH COULD BE SYMPTOMS OF A STROKE?

**SLURRED SPEECH**

**VERTIGO/DIZZINESS**

**NEITHER**

**BOTH**



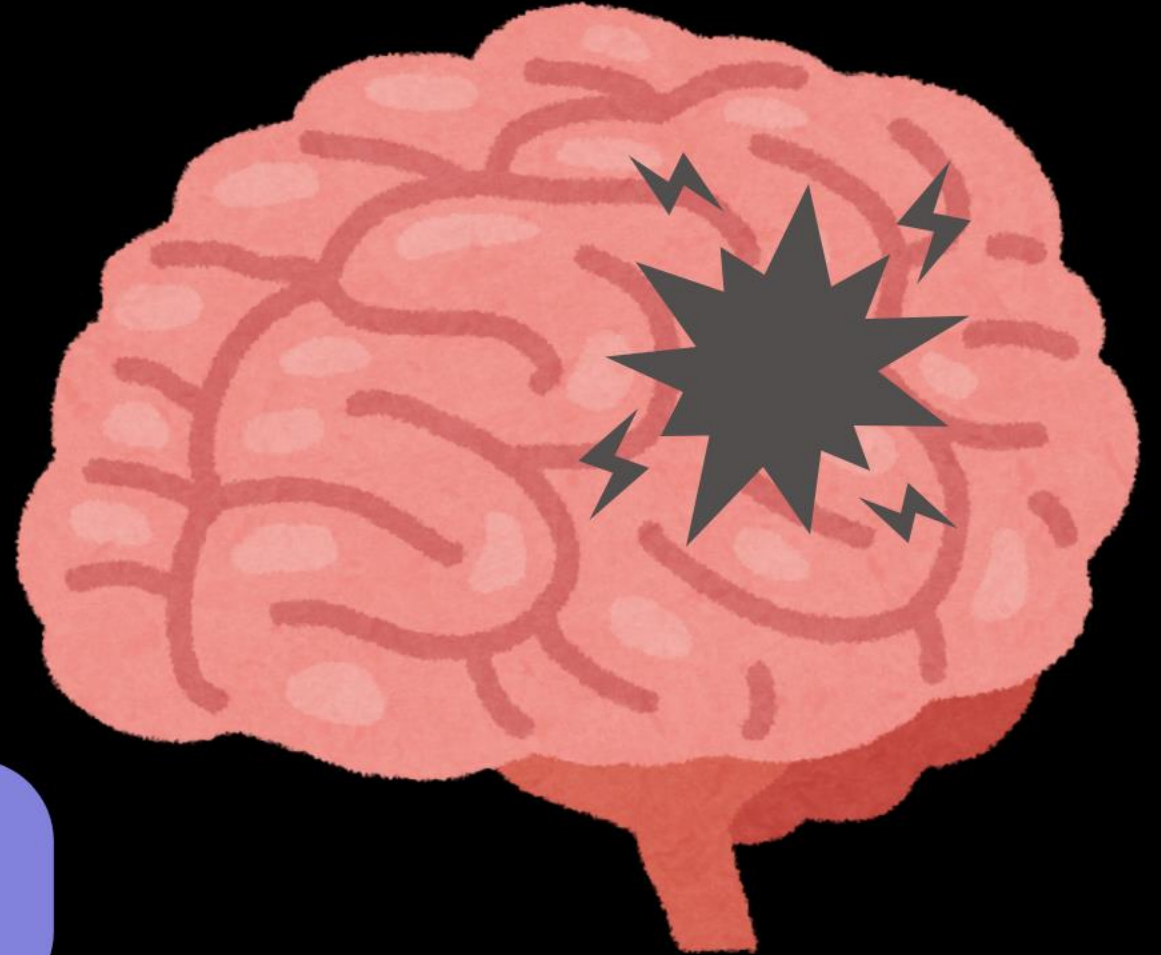
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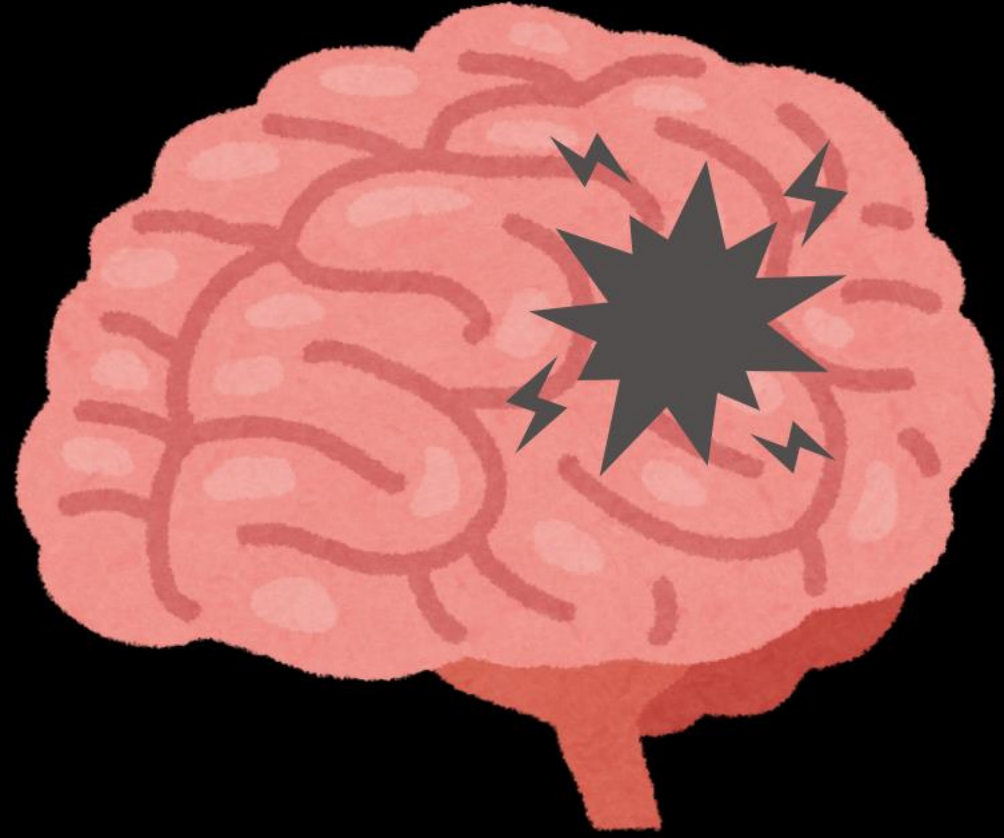
**NEITHER**

**BOTH**



# **STROKE IS A BRAIN ATTACK**

**STROKES HAPPEN  
WHEN BLOOD FLOW TO THE BRAIN IS BLOCKED  
OR WHEN A BLOOD VESSEL BURSTS**



# REMEMBER F.A.S.T.

**F** FACE DROOPING

ASK THE PERSON TO SMILE.  
IS IT UNEVEN?

**A** ARM WEAKNESS

ASK THE PERSON TO RAISE BOTH  
ARMS. DOES ONE SINK DOWN?

**S** SPEECH PROBLEM

IS THE SPEECH SLURRED?  
ARE THE WRONG WORDS COMING  
OUT?

**T** TIME TO CALL 9-1-1

EVERY MINUTE COUNTS. TIME IS  
BRAIN!



# OTHER SYMPTOMS OF A STROKE



**NUMBNESS OR  
WEAKNESS OF  
FACE, ARM, OR  
LEG ON ONE SIDE**



**DIZZINESS  
TROUBLE WALKING  
OFF BALANCE**

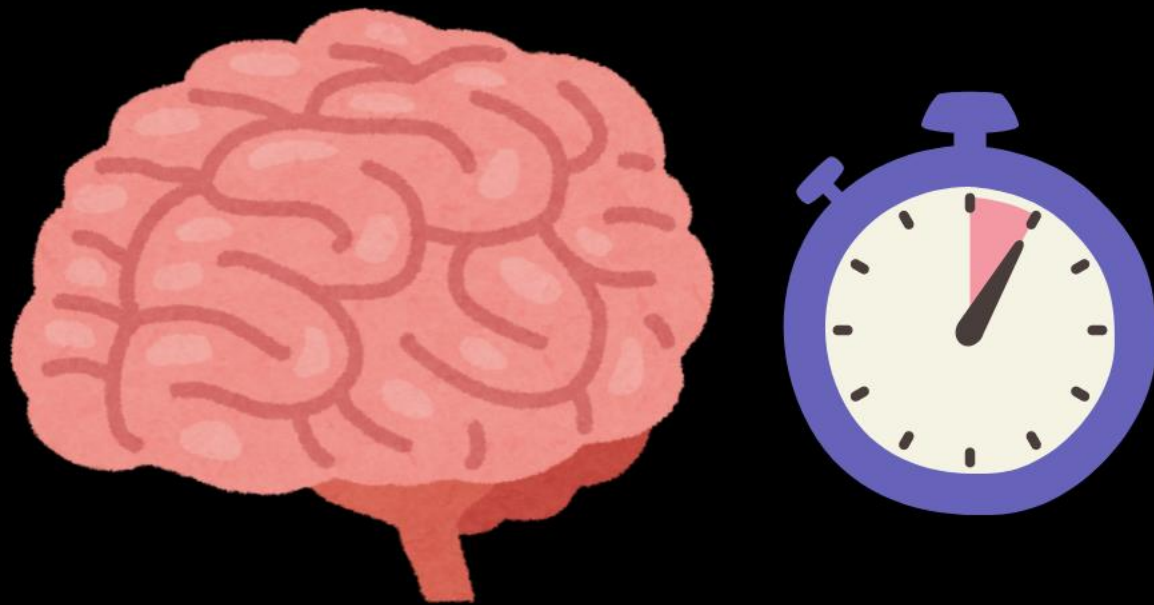


**CONFUSION  
TROUBLE SPEAKING  
OR UNDERSTANDING  
SPEECH**



**SUDDEN, SEVERE  
HEADACHE  
OR TROUBLE SEEING**

**IF SOMEONE HAS SYMPTOMS OF STROKE,  
SEEK HELP IMMEDIATELY**



**EVERY MINUTE THAT PASSES IN A STROKE,  
MORE BRAIN CELLS WILL DIE**

# OUR STROKE TEAM CAN HELP!

## CALL 9-1-1 AS SOON AS STROKE SYMPTOMS APPEAR



[WWW.STROKE.ORG/EN/ABOUT-STROKE/STROKE-SYMPTOMS](http://WWW.STROKE.ORG/EN/ABOUT-STROKE/STROKE-SYMPTOMS)

# ABOUT HOW MANY NEW CASES OF MELANOMA SKIN CANCER WILL BE DIAGNOSED IN THE US IN 2024?

1,000

10,000

100,000

1,000,000





# ABOUT HOW MANY NEW CASES OF MELANOMA SKIN CANCER WILL BE DIAGNOSED IN THE US IN 2024?

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10,000

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[SEER.CANCER.GOV/STATFACTS](https://seer.cancer.gov/statfacts)

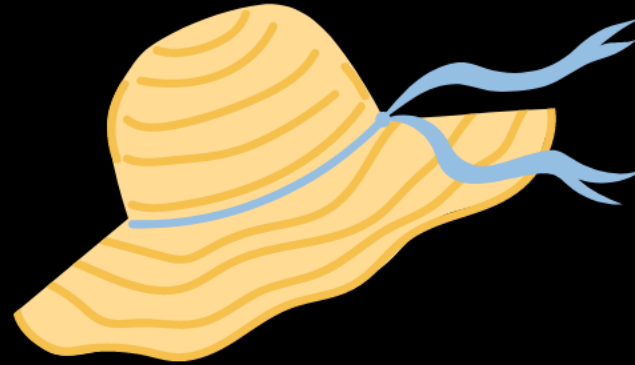
# TO PREVENT SKIN CANCER, **SLIP! SLOP! SLAP! AND WRAP!**



**SLIP ON A  
SHIRT**



**SLOP ON  
SUNSCREEN**



**SLAP ON  
A HAT**



**WRAP THE EYES  
IN SUNGLASSES**



[WWW.CANCER.ORG/CANCER/TYPES/MELANOMA-SKIN-CANCER](http://WWW.CANCER.ORG/CANCER/TYPES/MELANOMA-SKIN-CANCER)

# WHAT IS THE MOST COMMON CANCER IN THE US?

**BREAST**

**PROSTATE**

**LUNG**

**COLON**



# WHAT IS THE MOST COMMON CANCER IN THE US?



**BREAST**

**PROSTATE**

**LUNG**

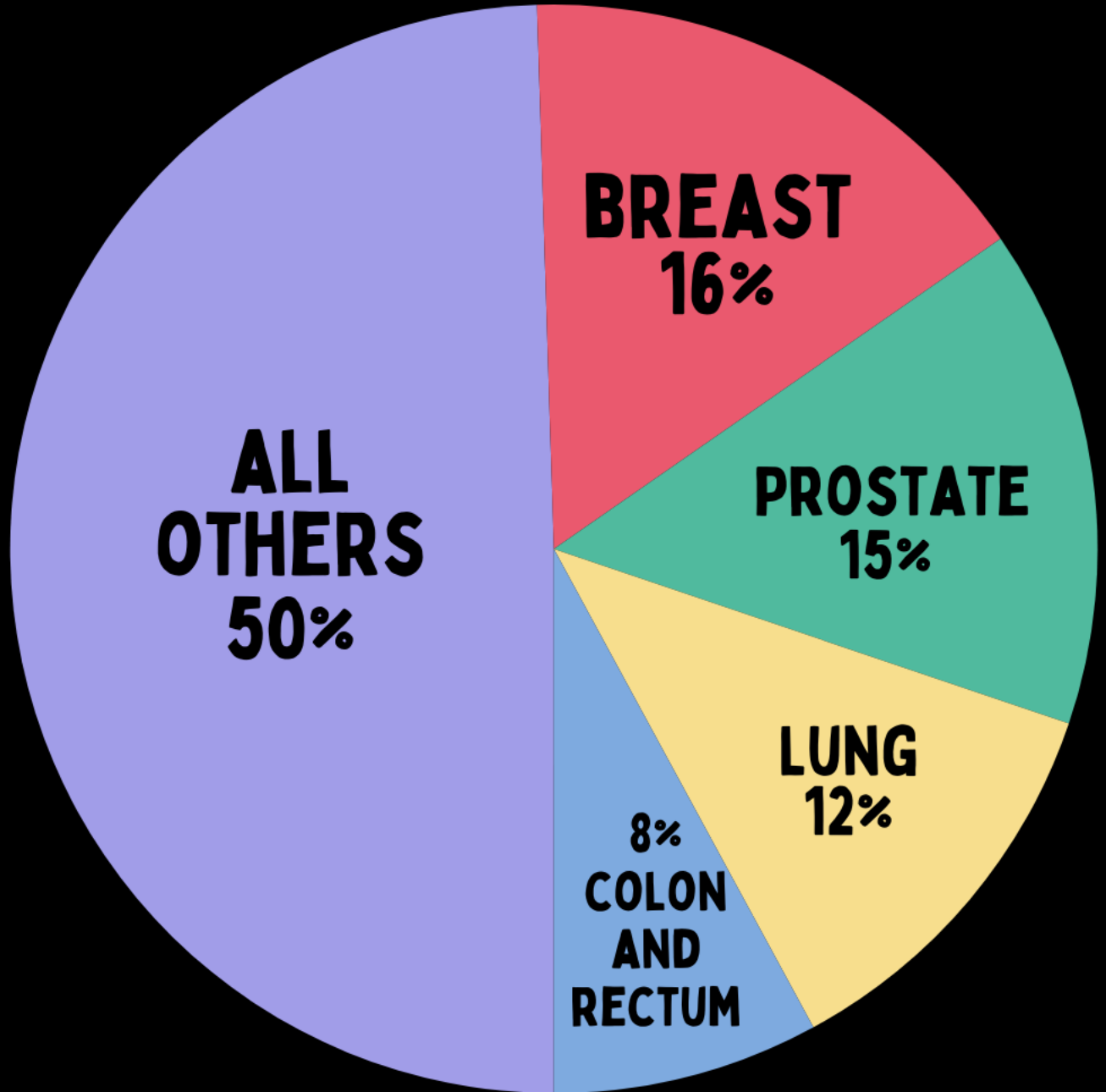
**COLON**



[SEER.CANCER.GOV/STATFACTS](https://seer.cancer.gov/statfacts)



# WHAT IS THE MOST COMMON CANCER IN THE US?



[SEER.CANCER.GOV/STATFACTS](https://seer.cancer.gov/statfacts)

# MEN GET BREAST CANCER, TOO!

ABOUT HOW MANY MEN ARE PREDICTED TO BE DIAGNOSED WITH BREAST CANCER IN 2024?

280

2800

12,000

128,000



# MEN GET BREAST CANCER, TOO!

ABOUT HOW MANY MEN ARE PREDICTED TO BE DIAGNOSED WITH BREAST CANCER IN 2024?

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2800



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[SEER.CANCER.GOV/STATFACTS](https://seer.cancer.gov/statfacts)