

Public Health Laboratory Appreciation Month

Celebrating Public Health Laboratory

LEGENDS



#ThanksPHLabs

MAD LIBS #2

How to Become a Public Health Champion in 10 easy steps

Step 1: Wake up feeling **(adjective)** _____. Champions don't hit snooze.

Step 2: Put on your **(article of clothing)** _____ and head to the lab. This is non-negotiable.

Step 3: Check your **(lab equipment plural)** _____ to make sure everything is calibrated and ready. A true champion never skips this step.

Step 4: Prepare **(number)** _____ samples for testing. The more, the **(adjective)** _____.

Step 5: Spend the morning **(verb ending in -ing)** _____ under the microscope, occasionally muttering "**(funny catch phrase?)** _____" when something looks unexpected.

Step 6: If you spill **(type of liquid)** _____ on yourself, keep working. Champions don't stop for stains.

Step 7: Use your **(plural body part)** _____ to steady your hands during the most delicate part of the process.

Step 8: Take a snack break around **(time)** _____ and eat an embarrassing number of **(plural snacks)** _____. Refueling is part of the job.

Step 9: When someone asks what you do, don't just **(verb)** _____. Explain, with pride, that you protect entire communities from things they'll never even know to worry about.

Step 10: Repeat this process roughly **(number)** _____ times a week, stay as **(adjective)** _____ as a **(big animal)** _____, and never forget: the most **(adjective)** _____ heroes wear lab coats, not capes.

Congratulations! You are now a certified Public Health Champion. Go forth and **(verb)** _____.