

The page is decorated with watercolor floral illustrations in the corners. The top-left corner features a cluster of small blue flowers and a single larger yellow flower. The top-right corner has a sprig of green leaves. The bottom-left corner shows a small cluster of blue flowers. The bottom-right corner is more elaborate, featuring a large yellow flower, several small blue flowers, and a cluster of small white flowers with yellow centers.

「My Internship Experience」

By Katrina Cruz



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About Me

Hi, I'm Katrina Cruz !

I'm a junior at Western Carolina University, double majoring in Environmental Health and Biology. I'm passionate about protecting both people and the environment. This summer, I interned with the Union County Health Department, where I got hands-on experience in environmental health work



NEPHIP

Through the National Environmental Public Health Internship Program (NEPHIP), I completed a hands-on internship at the Union County Health Department. This program is coordinated by the National Environmental Health Association (NEHA), which supports students and professionals in the environmental health field through training, education, and career development opportunities. My internship allowed me to apply classroom knowledge in real-world public health settings.



100k views

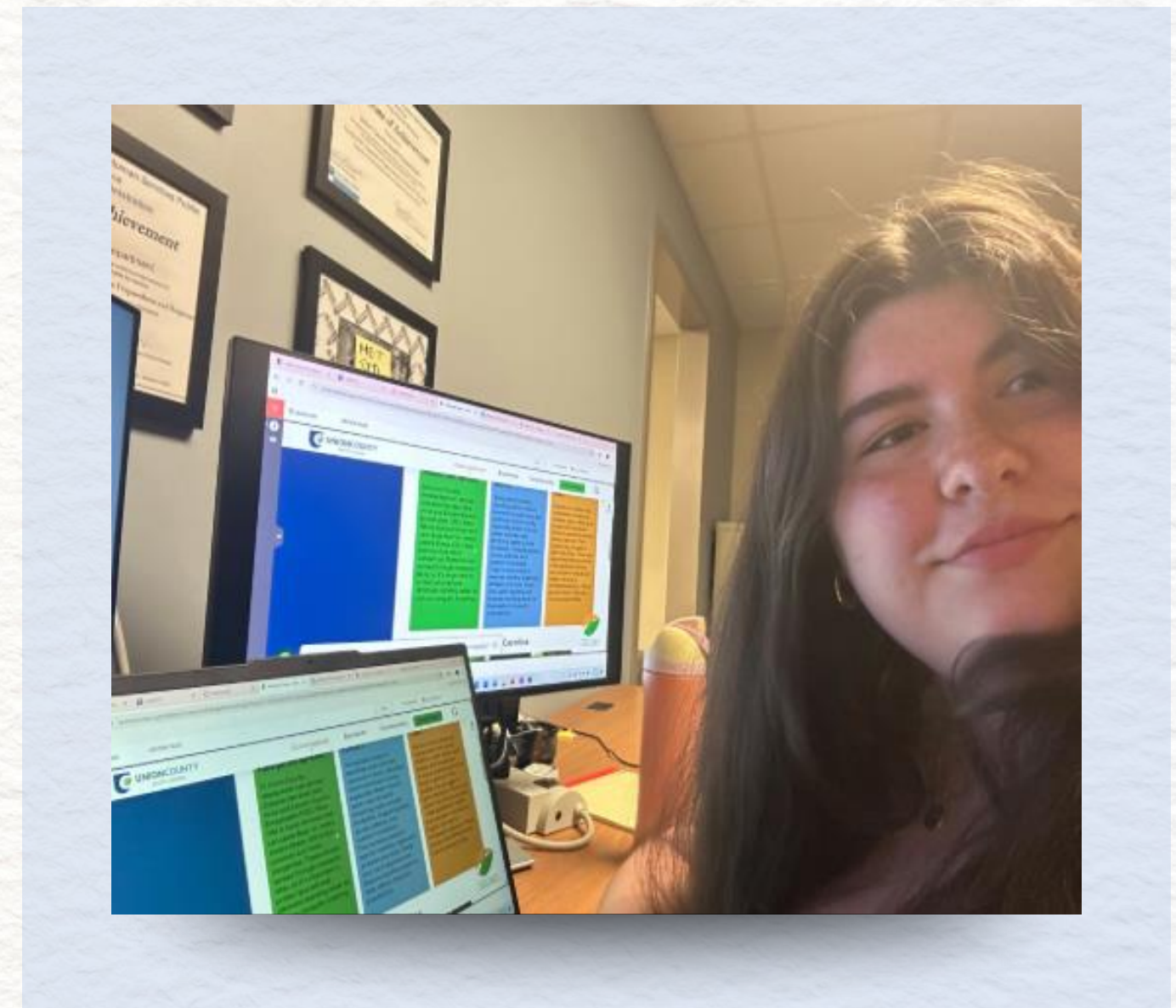
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1 DAYS AGO



Host Site





- I interned in the Environmental Health Department, where I got a close-up look at how public health and environmental safety come together.
- Being in person made a big difference! I could ask questions on the spot, observe day-to-day operations, and build real connections.
- My mentor, Charlotte Keziah, was incredibly supportive and approachable. We checked in often, and she always encouraged me to explore different areas within the department.
- She not only guided me through my internship work but also helped me think through career options and feel more confident in my path forward.





Day to Day Experience

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- Rotated through FLI, Childcare, and On-Site Water Protection, gaining hands-on experience in each.
 - Especially enjoyed FLI inspections and felt confident using what I'd learned in class.
 - Created a mosquito control webpage as part of a new vector education program.
 - Internship gave me a chance to explore different areas of environmental health and confirmed my interest in a career in FLI.

Mosquito Safety Union County

Font Size: + -

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Stop the Bite, Stay Healthy



Control Mosquitos at

Free mosquito
dunks are
available for
pickup in Suite

Project

- Created a mosquito control webpage as part of a new vector education program for Union County.
- Focused on mosquitoes to raise awareness about mosquito-borne disease risks, since “vector” isn’t a widely recognized term.
- Researched other counties’ programs and collaborated with the Communications team to align with county branding and tone.

Reflection

- Faced challenges working in areas I hadn't studied, like On-Site Water Protection, but overcame them by asking questions, taking notes, and learning directly from inspectors.
- Highlight of my NEPHIP experience was exploring every area of environmental health and discovering my passion for FLI.
- Internship shaped my career plans: I now know I want to start in FLI after graduation and keep building my skills to make a positive impact in public health.





Thank You