

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

April 2020

From the desk of Kathy Farrow,, CEA-FCH

How are you holding up?

Just wanted to check in with my favorite group of ladies to let you each know that each of you are in my thoughts as I prepare to send this letter out. You ladies are great about taking care of everyone else I know, but I want you to take care of yourself. A friend shared with me this reminder earlier this week.

Remember when flying on an airplane they tell you that if the cabin pressure changes, you must put your own air mask on first. Then, you help the others around you. This is no different for you, you need to take care of yourselves first so you can help the ones around you.

Here is a list of things you might do to take care of yourself as you are staying home:

- Sit on the porch and watch the clouds go by.
- Call a friend(s) or your children or grandchildren just to chat and check-up on them – no agenda needed.
- Exercise. Chair exercises, walk around your yard, just keep moving.
- Breathe. Take a few minutes to take some deep breath and clear your mind. Play. Color, puzzles, just have fun.
- Read a book.
- Take a nap.
- Listen to positive, uplifting music.
- Temporally unplug from your television or other electronic devices.

I am challenging you to make “yourself” a priority and to schedule yourself some “me” time every day. Do the things that make you HAPPY! I would love to hear what your “me” time consists of. Call or email me and I will prepare a new list for the May newsletter....Please be safe and take care!



Mark Your Calendar

The following events/programs cancelled or postponed!

- ◆ April & May Extension Education Association meetings - cancelled
- ◆ 2020 District 11 Spring Conference - cancelled
- ◆ Friend to Friend “Pink” Event - postponed
- ◆ Scholarship Committee meeting - postponed
- ◆ April Lunch & Learn Workshop - Cancelled



San Patricio County Texas Treasure Award



Don't forget to mail your club nominee to the
San Patricio County Extension Office by
Friday, May 15, 2020.

You can only nominate one member per club.

Members can receive the award
more than one time.

Application is enclosed.



San Patricio County Texas Treasure Award



Nominee's Name: _____

Address: _____

Phone: _____

Club _____

Briefly describe the reason for recommendation for Texas Treasure Award. Include any individual accomplishments and other contributions made by nominee through TEEA. Please type. You may attach 1 additional page if needed.

Name of person submitting: _____

Office/Title of Person: _____ Phone: _____

Address: _____

Deadline: Friday, May 15, 2020

MAIL TO:
Texas A&M AgriLife Extension Office
Attn: Kathy Farrow, CEA-FCH
219 N. Vineyard
Sinton, TX 78387

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied. Articles and recipes adapted from University of Nebraska-Lincoln Extension, Heart.org, Allrecipes.com, Food and Health Communications, University of New Jersey, and Foodhero.org.

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.



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For additional information contact:

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



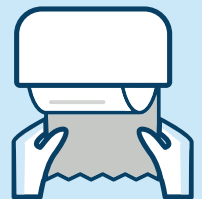
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

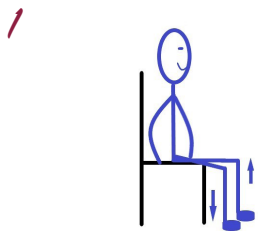
There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

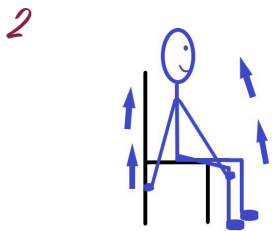
Move More, Sit Less

Let's reduce stress and sedentary time by moving more throughout the day. These moves increase mobility and reduce tension.



Seated March

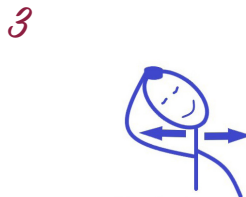
Stomp or tap feet on ground.
30 Seconds



Arm Raise

Sit with your back straight and shoulders down. Raise your arms by your sides, bringing your hands together overhead. Return arms to sides and repeat.

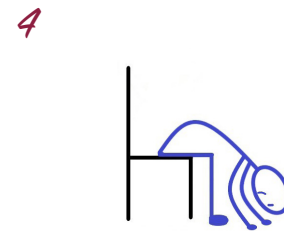
5 reps



Neck Roll

Roll head from side to side. Use your hand to gently stretch neck while keeping your opposite arm by your side. Alternate sides.

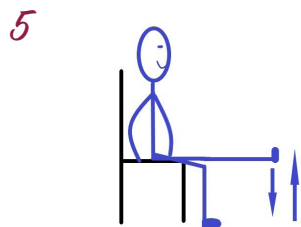
30 seconds



Forward Bend

Bend at hips and fold forward over your thighs. Keep your belly tight against your thighs and release any tension in your neck.

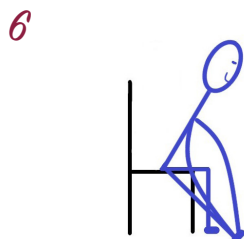
5 breaths



Seated Leg Lift

Sit with your back straight. Extend one leg straight out with your foot flexed. Slowly raise and lower your leg. Switch sides.

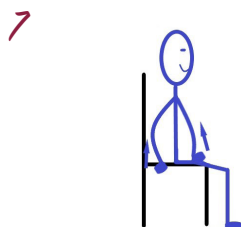
10 reps on each side



Leg Stretch

Sit on the edge of your chair. Extend one leg. Keeping your back straight, reach towards your foot. Switch sides.

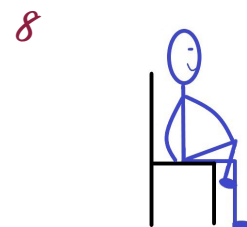
5 breaths on each side



Bicep Curl

Sit with your back straight and arms by your sides. Make a fist with your thumbs facing forward. Keeping elbows tight against your side, bend at the elbow, curling your fist up and rotating thumbs to point away from your body.

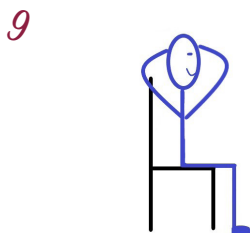
10 reps



Hip Opener

Sit with your back straight. Cross one leg over the other, placing your ankle on the opposite knee. Keep your foot flexed. Gently press knee for a deeper stretch.

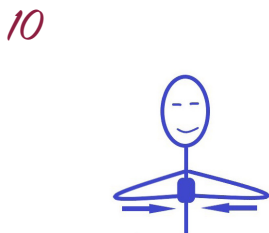
5 breaths on each side



Sitting Twist

Sit with your back straight and bring your hands behind your head with elbows bent out to each side. Slowly rotate your torso to the left and right.

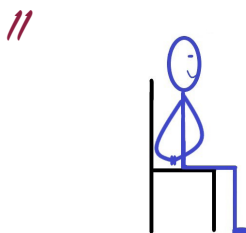
10 reps



Wrist Press

Sit with your back straight and bring your hands together in front of your chest, pressing palms together. Rotate fingers to point down while continuing to press palms together. Rotate fingers back to pointing up.

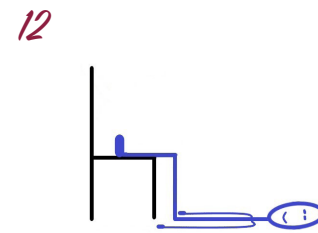
5 breaths



Chest Opener

Sit with your back straight on the edge of your chair and interlock your fingers behind your back. Press arms away from your body while keeping shoulders back and down.

5 breaths



Restore

Option 1: Sit comfortably in your chair, closing your eyes. Breath slowly and relax.

Option 2: Lay on your back on the floor. Bend your knees and place feet on a chair. Close your eyes, breath slowly and relax.

Stay as long as you can