

Jasper County Extension Newsletter - COVID-19



CORONAVIRUS UPDATE FROM TEXAS 4-H

The AgriLife directive that face-to-face gatherings will be cancelled for a continued period also applies to 4-H programming. We want to be responsive but also proactive and make sure that all our members, leaders and volunteers have a safe environment in which to learn and grow. Even though the UIL does not govern 4-H, we do align decisions with that group. UIL made the decision last week to suspend all UIL sanctioned activities due to the outbreak of COVID-19 until May 4th, 2020. The suspension included all contests, practices, rehearsals and workouts. To continue to present a consistent front with other youth serving organizations, Texas 4-H will not conduct face-to-face programming until **May 4th, 2020**. Programming includes 4-H club meetings, project meetings, practices, contests and recognition events. As of now, we are recommending that our energy and focus be on delivering educational programming virtually.

AGRILIFE AG & FCH PROGRAMS UPDATE

All face-to-face meetings will be cancelled **through April 27** at the earliest. This status will be reviewed based on the statewide public health disaster declaration made by the Governor.

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
 - The virus is thought to spread mainly from person-to-person.
- 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.
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- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



Take steps to protect yourself

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Take steps to protect others

Stay home if you're sick

Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).



Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)

- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

*Use the following link for more information
On the Coronavirus*

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



**Our office will be closed
on Friday, April 10th, 2020 for Good Friday**