

# Lubbock County Family Network



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April/May 2020

## APRIL 6-12th IS NATIONAL PUBLIC HEALTH WEEK

With April signaling Spring with its abundance of colors, regrowth, and green spaces, April also brings awareness and recognizes the efforts by public health officials who keep our communities healthy and vibrant. On April 6<sup>th</sup> - 12<sup>th</sup>, communities across the nation celebrate National Public Health Week with daily themes. According to the American Public Health Association (APHA), communities and partners across the nation highlight issues that help improve our communities. This year's public health topic/themes include mental health, maternal and child health, environmental health, violence prevention, education, healthy housing, and economics. "By being a catalyst for positive change, we can make an impact in our neighborhoods and have a transformation in the way we approach our health and well-being," according to Julie Tijerina, Extension Program Specialist.

"In addition to public health officials, citizens can do their share in advancing their communities towards a healthier nation," Tijerina added. The week's themes can be conversations with family, friends and neighbors, home and health self-assessments, and identifying community resources or advocating for gaps in services. Some suggested ideas for this year's themes include:

- Mental Health. According to National Alliance on Mental Illness, "One in five Americans experience some form of mental illness. This doesn't just impact the individual. It has a ripple effect that touches families and communities." Let's reduce the stigma associated with mental illness, learn about resources in the community and/or consider taking a Mental Health First Aid training that helps individuals recognize, understand, and respond to signs of mental illness and addiction.
- Maternal and Child Health. According to the APHA, "the US has the highest national spending on health care yet ranks low among its peers for maternal and infant mortality, two indicators of the health of a country." Talk to your doctor about what you can do for you and your family's health and/or consider taking nutrition classes through your local Extension office.
- Environmental Health. "The air we breathe, the water we drink, the food we eat and the condition of our homes all affect our health. Exposure to air pollution worsens serious respiratory conditions such as asthma, and millions of Americans are at risk for unsafe drinking water, ...or safe places to walk," as related by the APHA. Talk to your doctor or local health department on what you can do to safeguard your home against allergens that may exacerbate respiratory conditions. Check out [www.diosk.org](http://www.diosk.org), <https://healthytexas.tamu.edu/> or contact your local Extension office for more programs related to respiratory conditions or water well testing.
- Healthy Housing. The APHA states, "The health, longevity, and well-being are connected to communities...Where people live - not just how they live - impacts health and life expectancy. Additionally, research shows well-maintained sidewalks and biking networks encourage physical activity and preventable diseases such as heart disease, diabetes, and cancer...go down in communities where public health spending goes up." Learn about local programming focused on physical activity, nutrition, gardening, chronic illnesses, and wellness. Consider creating a community walking challenge through <https://walkacrosstexas.org/>; learn healthy cost effective recipes for a healthier alternative to eating out at <https://dinnertonight.tamu.edu/> or create a group of friends or co-workers and ask for an educator to provide nutrition education. Perhaps, more specific

education is needed for diabetes, hypertension, stress, or weight control. Texas A&M AgriLife Extension offers programming to fit your community's needs.

For more information, visit your local health department, federally qualified health centers and clinics, or ask for more information on programs in your community from your local County Extension office or by calling 806-775-1740.

About Healthy Texas: Healthy Texas combines the expertise of Texas A&M University Health Science Center with Texas A&M AgriLife Extension Services one-of-a-kind, statewide reach to provide families with knowledge and resources to take control of their health. Healthy South Texas, the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences throughout a 27-county region in South Texas. [www.healthytexas.tamu.edu](http://www.healthytexas.tamu.edu)

The Texas A&M AgriLife Extension Service is a unique education agency with a statewide network of professional educators, trained volunteers, and county offices. It reaches into every Texas county to address local priority needs, protecting human health through education about diet, exercise, and disease prevention. There are over 250 counties in Texas with a local Extension office.

Resources:

National Public Health Week - <http://www.nphw.org/>  
American Public Health Association - [www.apha.org](http://www.apha.org)  
Asthma - <https://healthytexas.tamu.edu/>  
Asthma/Diabetes/Chronic Illness - [www.diosk.org](http://www.diosk.org)  
Walk Across Texas - [www.walkacrosstexas.org](http://www.walkacrosstexas.org)  
Healthy recipes - <https://dinnertonight.tamu.edu/>

## **NATIONAL PUBLIC HEALTH WEEK April 6-12, 2020**

Join in Celebrating a Healthy Community BY  
Learning more about...

1. **MENTAL HEALTH** - Let's reduce the stigma associated with mental illness, learn about resources in your community or participate in a Mental Health First Aid training.
2. **MATERNAL & CHILD HEALTH** - Talk to your doctor about your family's health and/or consider taking nutrition classes through your local county extension office.
3. **HEALTHY HOUSING** - Learn about nutrition, gardening and wellness programs in your community, challenge family/friends and coworkers to a walking challenge, learn healthy recipes, or ask for an educator to talk at your next company meeting.
4. **ENVIRONMENTAL HEALTH** - Learn how to safeguard your home against allergens or consider testing your water wells for safe drinking and soil quality for gardening.

## **10 STRESS BUSTERS**

Pick two or three stress busters that are right for you and try to do them every day.

1. Get creative - draw, color, paint, journal
2. Chill out - listen to music, read for the fun of it
3. Move more - take a walk, try yoga
4. Reach out - connect with family and friends
5. Be present - live in the moment, practice mindfulness
6. Enjoy nature - watch the sunset, plant a garden
7. Pet the dog - play with "man's best friend"
8. Help others - volunteer to serve the community
9. Keep the faith - pray, visit your house of worship
10. Laugh out loud - watch a comedy

## **SAFE HOME FOOD STORAGE**

Proper home food storage can help you 1) preserve food quality, nutrients, flavor and texture; 2) make the most of your food dollar by preventing spoilage; and 3) prevent food-borne illness caused by harmful bacteria. Purchase perishable foods last when grocery shopping, go straight home and store food immediately.

Remember the FIFO rule. First In. First out. Put longer dated food behind those that will expire first. Date and label foods bought in larger packages and separated into smaller packages for freezing. Don't over buy. Purchase responsible amounts so that you can use them while they are still of good quality. Excess food may become waste. For some general guidelines for proper food storage go to. Texas A&M AgriLife Extension publication "Safe Home Food Storage" at

<http://counties.agrilife.org/lubbock/files/2020/03/EB-5031-safe-home-food-storage.pdf>

## **CORONAVIRUS: TEXAS A&M AGRILIFE UTILIZES STATEWIDE NETWORK TO HELP IN PREVENTION OF COVID-19**

To help Texans and others better understand the novel coronavirus, COVID-19, the Texas A&M AgriLife Extension Service (<https://agrilifeextension.tamu.edu/>) is working with federal and state entities to help provide the latest information on the disease and share tips on how to prevent its spread.

The Texas A&M University System continues to monitor the spread of the virus as more cases are confirmed in the U.S. and other countries.

The first case of COVID-19 in the U.S. was announced on Jan 21 and other cases have been identified. The Texas Department of State Health Services (<https://dshs.texas.gov/>) is working closely with the Centers for Disease Control and Prevention, CDC, in monitoring the developing outbreak.

Access the latest information from the Texas Extension and Disaster Education Network

Information and resources related to the coronavirus are available at the Texas Extension and Disaster Education Network (EDEN) website.

[\(https://texashelp.tamu.edu/coronavirus-information-resources/\)](https://texashelp.tamu.edu/coronavirus-information-resources/)

Texas EDEN, part of AgriLife Extension, provides credible and reliable research-based information related to disaster preparedness, mitigation and recovery. It includes disease and epidemic resources.

[\(https://texashelp.tamu.edu/browse/by-type/naturally-occurring/disease-epidemic/\)](https://texashelp.tamu.edu/browse/by-type/naturally-occurring/disease-epidemic/)

“The Texas EDEN website is a repository of emergency and disaster preparation and recovery materials from experts associated with land-grant educational institutions throughout the country,” said Monty Dozier, Ph.D., director for AgriLife Extension’s Disaster Assessment and Recovery Unit. “Through this network we hope to provide Texans and others with accurate, objective, timely and helpful information related to the coronavirus and what they can do to help prevent its spread.”

For additional information, go to the Texas Department of State Health Services (<https://dshs.texas.gov/>) Website or try these other resources:

- CDC’s COVID-10 travel page  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- State Department travel advisories.  
<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>)
- CDC: Coronavirus Disease 2019 (COVID-19)  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- World Health Organization: Coronavirus disease (COVID-19) outbreak.  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

*“We are each responsible for engaging in these daily practices in order to protect ourselves and those around us from COVID-19 and the flu. AgriLife Extension agents can provide education on these health practices to ensure that community members are doing them frequently and correctly.”* Miquela Smith, AgriLife Extension specialist-Health, Amarillo

Help prevent the spread of COVID-19

To help prevent the spread of respiratory diseases, including COVID-19, the CDC recommends everyday prevention actions, including:

- Avoiding close contact with people who are sick.
- Avoiding touching the eyes, nose and mouth.
- Staying home when sick.
- Covering a cough or sneeze with a tissue, then throwing the tissue in the trash.
- Cleaning and disinfecting frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing the nose, coughing or sneezing.
- If soap and water are not readily available, using an alcohol-based hand sanitizer with at least 60% alcohol.

“There are personal and environmental health practices that help slow the spread of communicable diseases and those are where we are focusing our efforts, said Miquela Smith, AgriLife Extension specialist - health, Amarillo. “Proper handwashing and disinfecting frequently touched surfaces are examples of small actions that can make a big difference.”

Source: Paul Schattenberg, 210-859-5752, [paschattenberg@tamu.edu](mailto:paschattenberg@tamu.edu)

## SCAMS ON THE RISE

Scammers will take any opportunity to try to bilk people out of money or steal their identity. Here are a few recent, time sensitive scams circulating about.

1. **2020 Census:** The Census is important. It happens only once every 10 years and the “head count” helps communities locally get resources for schools, libraries, roads and for our representation in Congress. The Census can be answered in person, online or via phone. If someone knocks on your door acting strange and claiming to be a Census worker, tell them you are completing it online. Demand to see an ID, which should have a U.S. Department of Commerce watermark among other information on it. Do not answer personal questions such as “What is your Social Security Number?” or banking information, etc. There is no such question as “how many idiots,” are in your household (that was on the 1840 Census!). The Census is not affiliated with a political party and will not have citizenship questions. Do not show a driver’s license or other ID to participate, or answer questions about work schedules, travel, etc. If you suspect a scam, call the U.S. Census Bureau at 844-330-2020 to report it.
2. **COVID-19:** There are no approved vaccines, drugs, or investigational products available to treat or prevent the virus available as yet, but there are some being promoted that could cause sick people to avoid proven medical treatments (such as in-hospital supportive care for pneumonia). Silver has NO peer-review scientific studies proving it eradicates the coronavirus-19. The Federal Trade Commission has warned 7 sellers, to stop

selling products like colloidal silver. There is also a media outlet targeting its 55+ audience with unhealthy medical advice such as claiming the worst thing people can do is get a COVID-19 vaccine. There are vaccines in the testing phase, but it is not available yet. One cannot “train their body to deny infection.” Consumers should stick to tried and true tactics such as getting adequate sleep and a balanced diet. Don’t be fooled by imposters claiming to be with the Centers for Disease Control or World Health Organization offering help that requires personal or financial information on a lookalike “government” website or by accidentally downloading malware by clicking on links or attachments in emails (such as in quarantine alerts). The Security and Exchange Commission warns of online promotions selling stock in companies that “can cure, detect, or prevent” coronavirus-19 with the promise that the value will dramatically increase. Also be wary of price gouging and phony charities.

### **Pantry Food Preparation**

America is a fast food society with a majority of meals eaten out or from take out.

If you are secluded at home for an extended time with the kids out of school, how do you prepare healthy meals out of the staples in your pantry, refrigerator and freezer? The following “Create a Casserole” uses cooked, canned, or left-over meats, poultry, fish or beans, sauce ingredients, a grain (make half of your grains, whole grains daily), a vegetable for seasoning and canned, fresh or frozen vegetables. Add salt, pepper, chili powder, Mexican or Italian seasonings etc. to taste. Spaghetti or Pizza sauce can also be substituted for the milk and soups listed in the sauce section and cheese can be used on top in place of bread crumbs.

*See full size English flyer attached to this newsletter.*

### **MORE**

#### **Ingredients**

1 lb. ground meat  
½ cup chopped onions  
½ cup chopped green pepper  
1 cup chopped celery  
1 5-oz. package cooked egg noodles (or other pasta)  
1 8-oz. can tomato sauce  
1 12-oz. can niblet corn  
2 tablespoons chili powder  
Salt and pepper to taste  
1 cup grated cheese

Brown meat and drain fat; add onions, green pepper and celery. Cook slowly for several minutes. Add noodles that have been cooked in salted water, tomato sauce, corn, chili powder, salt and pepper. Mix; turn into baking dish. Cover with grated cheese. Bake in oven at 350 degrees for 20 minutes, or cover and simmer for 20 minutes or til hot. Add water if needed to prevent sticking and burning.

Option: Instead of baking in the oven, place mixture in a microwave safe casserole dish and microwave on high 8-10 minutes.

Yield: 6-8 servings.

Sincerely,



E. Kay Davis, M.S.  
County Extension Agent -  
Family and Community Health  
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only.

\*References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

## Create a Casserole

Here is a simple recipe for a skillet meal. Use leftovers or canned food to make this recipe.  
 Makes 4 to 6 servings.

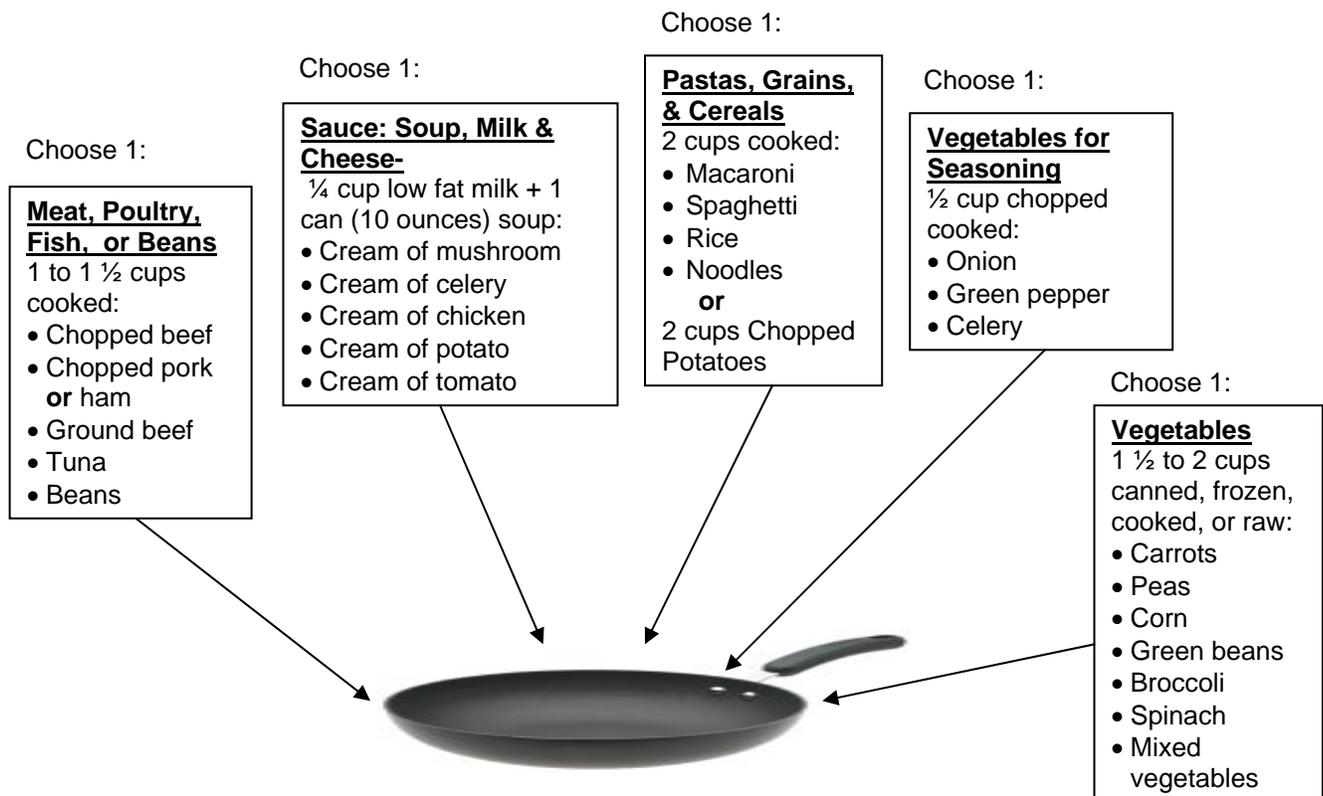
**Step 1:** Choose **one food** from **each box**. Stir together in a large skillet or greased baking dish. If using a baking dish, then preheat oven to 350 degrees.

**Step 2:** Add salt and pepper to taste.

**Step 3:** Heat and stir for about 10 minutes in skillet or bake in oven for 20 minutes or until bubbly.

**Step 4:** Add more milk if casserole gets dry.

**Step 5:** Pour into a serving dish and top with 2 Tablespoons of dry bread, cereal or cracker crumbs.



Adapted from Expanded Food and Nutrition Program, Purdue University

This material was funded by USDA's Supplemental Nutrition Assistance Program

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

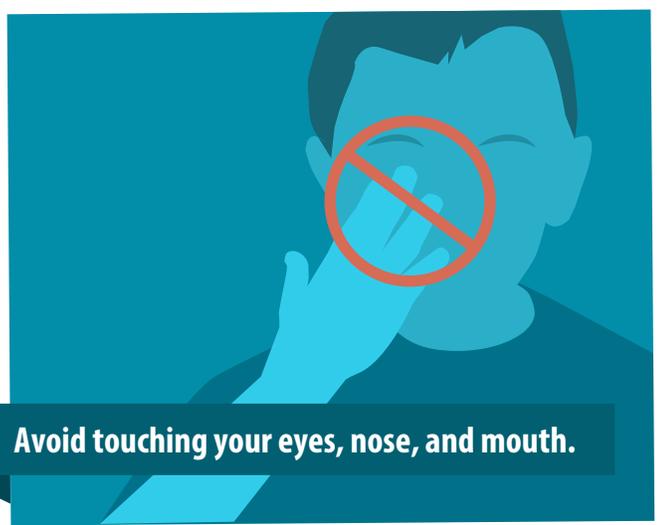
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [dshs.texas.gov/coronavirus](https://dshs.texas.gov/coronavirus)

# Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT  
1

**Diseases can make anyone sick regardless of their race or ethnicity.**

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT  
2

**Some people are at increased risk of getting COVID-19.**

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT  
3

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT  
4

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT  
5

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets 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 people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)