

APRIL 2020

WOW-E MONTHLY NEWSLETTER



CORONAVIRUS PREVENTION

TEXAS A&M
AGRILIFE
EXTENSION

UPDATE FROM WOW-E TEAM

In light of COVID-19, WoW-E will be highlighting relevant COVID-19 resources this month.

Texas A&M Agrilife Extension is continually giving COVID-19 updates. There are resources on physical and mental health as how to best protect yourself financially. [Click here](#) for Texas A&M Agrilife Extension's information and resources.

The Center for Disease Control and Prevention is continually giving national updates on COVID-19. They let you know how to protect yourself and what to do if you think you are sick. They have information on symptoms, older adults and medical conditions, and how to prepare your family. They also have community resources on travel, school, and childcare, businesses and employers, and community and faith-based organizations. For national COVID-19 updates and resources. [Click here](#) to learn more.

The WoW-E Team is not travelling until further notice. We are continuing to provide technical assistance remotely. Please reach out to us with any questions or concerns. Check our blog and social media for more COVID-19 resources.

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RESOURCES

Texas A&M Agrilife Extension Online Courses - CARES Act

- Learn more about the distribution of CARES Act funding to state and local governments, small businesses, healthcare providers, educational institutions and more. FREE

Link: <https://agrilifelearn.tamu.edu/catalog?pagename=cares-act>

Texas A&M Agrilife Extension Online Courses - Child Care and COVID-19

- Choose from a variety of courses covering topics such as infection control measures statewide programs available to providers, and how to operate during COVID-19. FREE

Link: <https://agrilifelearn.tamu.edu/catalog?pagename=child-care-and-covid-19>

USDA Food and Nutrition Service

- To slow the spread of the new coronavirus (COVID-19), many schools have closed unexpectedly. To ensure that children who rely on free or reduced-price meals at school are able to get the nutrition they need, USDA is working with states to continue providing meals to students using their meal finder.

Link: <https://www.fns.usda.gov/meals4kids>

Food Finder

- FoodFinder is safe, secure and award-winning mobile and web app that gives food insecure children and their families a way to find free food assistance programs quickly.

Link: <https://foodfinder.us/>

ChooseMyPlate

- Start Simple with MyPlate: Food Planning During the CoronaVirus Pandemic. During a Pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips

Link: <https://www.choosemyplate.gov/coronavirus>

Dispersing park use in a time of need ---

- Urban and Municipal Park Specialist, Dr. Jamie Rae Walker provides tips for PARDS operating parks and citizens utilizing their local open spaces to follow while respecting the call to socially distance.

Link: <https://agrilife.org/urbanparks/files/2020/04/time-to-disperse-park-use.pdf>

CDC

Cloth Face Covering Do's & Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers

cdc.gov/coronavirus

April 2020

The Trust for Public Land

Stay safe outside during COVID-19

DO

- Stay close to home
- Keep 6 feet between you and others
- Get outside with your household
- Bring plenty of water and hand sanitizer
- Play a game, get some sun, stretch your legs, walk, bike, and run

DON'T

- Drive to a park in another area
- Enter crowded parks
- Get together with friends
- Be surprised by closed facilities ... use the restroom before leaving home
- Use playgrounds, picnic areas, or other shared facilities

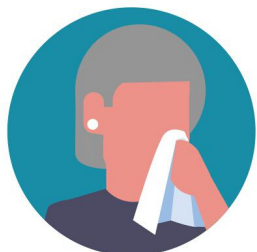
Source: "Visiting Parks and Recreational Facilities: Protect Yourself and Others from COVID-19" cdc.gov

We all have a role to play in protecting our community's health. If you are ill or were recently exposed to coronavirus, **please stay home.**



How to Protect Yourself and Others

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, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

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.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



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

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public** for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always 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.

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. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

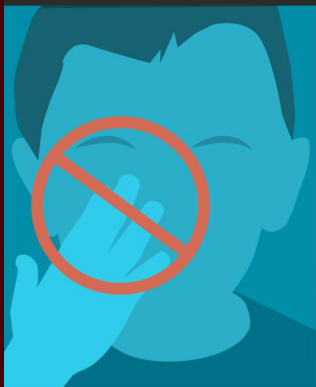
Stop the Spread of Germs

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.



When in public, wear a cloth face covering over your 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.



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