

Family and Community Health “Connections” in Lampasas County

Social Distancing with Kids Amid COVID-19

With the coronavirus pandemic forcing many communities to close schools and child daycare centers out of an abundance of caution, parents and other caregivers have been left looking for ways to keep their kids occupied and continuing their education while stuck at home. “For parents and other caregivers at home with children during this extended period of social distancing, this presents additional challenges,” said Monty Dozier, Ph.D., director for the Texas A&M AgriLife Extension Service’s Disaster Assessment and Recovery Unit. “But experts tell us it’s important to keep things as routine as possible for children and to find positive ways to engage them and redirect any negative thoughts or feelings they may have.”

Stephen Green, Ph.D., assistant director for AgriLife Extension’s Family and Community Health Unit, College Station, said there are many beneficial activities that individuals and families can engage in while at home during the coronavirus pandemic. “This is a good time to participate in family activities such as cooking and eating meals together, taking a walk, gardening or arts and crafts. During this time, it’s important for children to remain physically and mentally active to avoid becoming bored and sedentary.” Preschool activities can be found at:

<https://fch.tamu.edu/alphabet-activities-guidebook-activities-for-kids-at-home/>

“There are also many interesting and educational activities available through the 4-H website,” said Courtney Dodd, Ph.D., AgriLife Extension associate director for health, families and youth, College Station. “One of the many things we encourage young people to do is be physically active and live a healthy lifestyle,” Dodd said. “These goals are always important but probably have an added importance given the current circumstances.” She said the [4-H Healthy Living Activity Guide](#) has 30 interesting and engaging hands-on activities to help kids develop good habits and live a healthy life. The guide can be found at:

<http://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf>



Even in the worst of storms:
THIS TOO SHALL PASS!

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Special points of interest

- Activities to help children get through this difficult time.
- Important facts to keep us healthy.
- A small way to support our medical professionals.



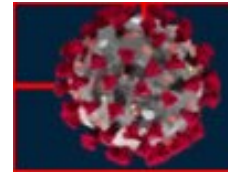
Dedicated Teamwork

We all have a responsibility to help slow the spread of COVID-19. To help Texas better understand the novel coronavirus, COVID-19, Texas A&M AgriLife Extension Service is working with federal and state entities to provide the most up-to-date information and tips on how to prevent its spread. The Texas A&M University System and the Texas Department of State Health Services continue to monitor the spread of the virus.

For more information on COVID-19, go to our Extension Disaster Education Network at :

<https://texashelp.tamu.edu/coronavirun-information-resouce>

Or: <https://ext.ag/399SVo4>



“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, TX

Stay Well- Prevent Spread

- Wash Hand frequently with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue and then throw the tissue in trash.
- Disinfect surfaces and frequently touched objects.
- Avoid crowded places and contact with sick people.
- Stay home when you are sick except to get medical attention

Share Facts, Not Fear

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.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

- **FACT 2:** For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults or people who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

- **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, and Shortness of breath

Seek medical advice if you have developed 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.

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>



Help support our medical professionals by making protective non-surgical masks



JOANN.com has free patterns and tutorial videos

Million Mask Challenge by Texas 4-H

The Texas 4-H Fashion and Interior Design Project members have issued a challenge to make homemade non-surgical masks, hoping to accumulate at least a million masks. If you would like to help them meet their goal, Jo Ann Fabrics has several options to make them. This simplest pattern calls for:

- scrap of fabric that is 9x16,
- a piece of interfacing that is 9x16,
- two 6.5 inch lengths of narrow elastic (1/8 to 1/4 in)
- Optional– 4 inches of wire or pipe cleaner (to sew in top seam allowance)

You Tube directions for one of the simplest masks can be found at:

<https://www.joann.com/make-to-give-response/?icn=hpzhero&ici=make-to-give-response>.

Some masks directions have pockets that another layer of removable filter that can be added like pieces cut from felt or even a hepa filter (new, of course) for a vacuum cleaner. Some patterns also have directions for adding a wire or pipe cleaner in the top edge to help the wearer shape it over the bridge of their nose. Chose your favorite pattern to contribute to the Million Mask Challenge and most importantly help our medical professionals be prepared!

Fashion and Interior Design Projects

Youth members in this project can learn to design, construct and be a smart consumer when purchasing clothing and household items. Counties frequently recruit adult project helpers to assist with accomplishments in many different subject areas. Anyone interested in serving as an adult leader or helper can contact their local County Agent. This project area participants have fun creating environmentally friendly projects while exploring careers in the fashion and interior design industries. Projects can include:

- applying elements and principles of design
- learning to operate a sewing machine
- fabric science labs
- fashion and interior design sketching
- consumer buying skills
- creating a storyboard for your designs
- creating one of a kind items for home decorating
- Entrepreneurship
- upcycling items for a new purpose

More project opportunities for youth and adult helpers or project leaders can be found at:

<https://texas4-h.tamu.edu/projects/fashion-interior-design/>

The Staff of Life! If store bread shelves are empty, NO PROBLEM– Here’s an easy recipe!

Now GET CREATIVE!

Variations of dough flavors:

Knead dough into **one or two** of the following:

- 1 c shredded cheese
- ¼ c cheese powder
- ¼ c parmesan cheese
- ¼ c pecans (or any nut)
- ¼ tsp oregano and/or basil
- ¼ c oatmeal
- 1Tbsp cinnamon
- ¼ c flax seeds
- ¼ c raisins
- 1 Tbsp Chili powder

OR Whatever seasoning you think would be good!

OPTION: In a pinch, you can substitute baking powder for yeast but flavor will vary.

Simple Yeast Dough

- 1 cup warm water (or milk)
- ¼ cup sugar
- 1 teaspoon yeast
- ¼ teaspoon salt
- ¼ cup oil
- 3 cups flour (½ whole wheat & ½ regular)

Mix liquid and sugar. Sprinkle in yeast and let dissolve for a couple of minutes. Add oil and salt. Mix in 2 cups flour. Cover and let sit for an hour or cover and put in fridge till tomorrow. Mix in about ¼ c flour at a time till last cup of flour is added. Knead till smooth (about 2 minutes). Shape into desired shapes. Let rise in warm place till almost doubled in size. Bake at 350 degrees till lightly browned. (whole loaf: about 30 minutes, individual rolls: about 10 minutes) Makes 1 loaf or 12 rolls.

Nutritional Information: Calories— 82 per slice or roll
Carbohydrates -13.8 g Protein— 4 g Fat—1.1 g Sodium— 144 mg
Sugar— 1.4 g Fiber— 1.9 g (the more whole wheat you use, the higher the fiber will be—up to 4 g)

Lampasas County News



All face to face programs have been cancelled until further notice.

Food Handlers—This certification needs to be renewed every 2 years. Cost is \$20. The March class was cancelled. Call if you want to be put on a call list to let you know when it’s rescheduled to a later date.

I hope you’re preparing to enter the **Lampasas County Fair**. It takes place during Spring Ho—July 8-10. Enter items Wednesday July 8 4-7 p.m. at the County Annex. Viewing is Thursday 3-5:30 and Friday 10-2. (We need helpers if interested.)

Anyone interested in helping with **4-H Fashion/Clothing/Sewing** please contact the office.

Stay safe everyone.— *Karen*

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