

**AG NOTES**  
**By John Teague**  
**UT/TSU Extension**  
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The UT policy for response to the threat of the COVID 19 virus follows. We are learning and being told more each day, and this continues to dominate our lives as it does yours. Whitney Danhof, Family and Consumer Science educator, prepared the following statement.

“In an effort to slow the spread of the COVID-19 outbreak, UT/TSU Extension has made a statewide decision to suspend all face-to-face educational events and group meetings from March 16-April 5. This includes any scheduled Extension events as well as meetings held at our building and also 4-H clubs.

We are sorry to have to postpone and reschedule meetings and know that this is an inconvenience. However, the health of our community and clientele is of utmost importance. We will continue to post any relevant information and to reschedule events and meetings when it is prudent to do so. Please call our Bedford County office (931-684-5971) if you have any questions, needs or concerns as we are still working. Attached is some information on how to protect yourself and others from spreading the virus. Stay safe and healthy.”

**WHAT TO DO**

Whitney also shared these tips on health and safety from Dr. Lisa Washburn of the UT Department of Family and Consumer Sciences. They are commonsense things that we ought to be doing anyway. These tips are from the Center for Disease Control and Prevention who is monitoring the pandemic around the world.

A few personal hygiene practices can protect you from picking up or spreading the coronavirus. Wash your hands with soap and water. Scrub for at least 20 seconds. Set a timer for 20 seconds or hum the “Happy Birthday” song twice. Twenty seconds may be longer than you think. Consider ramping up handwashing to reduce your risk. Most people don’t wash their hands long enough or often enough.

Wash your hands often, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Encourage others to do the same.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Don’t take your phone in the bathroom. Clean devices with glass screens regularly using a soft, lint-free cloth dampened with warm soapy water.

Avoid touching your eyes, nose and mouth. The virus that causes COVID-19 may survive on surfaces (although it is unknown for how long). Keep hands away from your face to prevent transfer of germs to these virus-vulnerable areas.

In addition to practicing the common-sense steps above, people who are sick should take some extra precautions to avoid spreading the virus. COVID-19 symptoms include fever, cough and shortness of breath. If you have these symptoms and have had close contact with an infected person, live in, or have traveled to an area where the virus has spread, call ahead to a health care professional. Your provider will work with public health officials to determine if you should be tested for coronavirus.

Stay home if you are sick with cold or flu symptoms or any other illness. COVID-19 symptoms may be mild to severe and appear from 2 to 14 days after exposure. Symptoms include fever, cough and shortness of breath.

Cover coughs and sneezes with a tissue or the crook of your elbow. Toss tissues promptly, then wash your hands. Keep a box of tissue close and grab a fresh one to catch the next cough.

Coronavirus spreads through respiratory droplets released when an infected person coughs or sneezes. Airborne virus-containing droplets can spread about 6 feet. Avoid close contact with others when you are sick. Others should avoid close contact with you until you are better.

#### **WHAT DOES IT MEAN?**

We are planning to be on the job, and we'll do the best we can to help with information and services. Phone calls, emails, etc., will be handled in a timely fashion.

We're like everyone else at this point. We're not happy about it, and we don't know everything about it, our instructions increase and change every day.

I saw a good friend at a cattle event this past weekend, and she summed it up well. She said "This, too, shall pass." We've heard it before. It's true.

So until we get past all of this, we'll try to serve you the best we can, it'll just be different.

#### **THE KIDS**

The boys are doing good, and they have the benefit of not understanding all this virus thing going on. They're happy most all of the time, except when the brothers aggravate each other. That's a boy thing.

To avoid job-related self-quarantine, I can't leave the state. So that means no ball games, no trips by the donut shop afterward, no practice sessions for me. But that's not all of it, their league has suspended all games. It's going to be a slow spring from that standpoint.

Our granddaughter is as much fun as ever. She is dancing and taking riding lessons, talking a blue streak and laughing all the time. Full of energy and constantly on the move.

I'll be glad when we get back to things as usual. This, too, shall pass. I just hope it doesn't take too long to pass.