

# Healthy Georgia Connections

Issue No. 1

NEWS YOU CAN USE FROM **UNIVERSITY OF GEORGIA** COOPERATIVE EXTENSION

## ABOUT HEALTHY GEORGIA



Healthy Georgia encompasses all of UGA Extension's work in community health and wellness programming across the state. Our goal is to deliver timely and useful content about agriculture, the environment, communities, youth and families that will create a better Georgia.

We are committed to doing all we can to help Georgians during the COVID-19 pandemic by offering resources on sanitizing, hand washing, food safety, finances and agricultural operations.

For COVID-19 resources, visit [extension.uga.edu/emergencies](https://extension.uga.edu/emergencies).

## EXTENSION UPDATE

### UGA Extension is here for you during the ongoing crisis

**Laura Perry Johnson**  
*Associate dean for Extension*

UGA Extension continues to do what it has been doing for more than 100 years — helping farmers, families and communities find research-based solutions to their most pressing problems.

With the ongoing COVID-19 crisis, employees are having to be creative and innovative with programing while continuing to serve the public. Our primary concern is for

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## Where did the coronavirus come from?

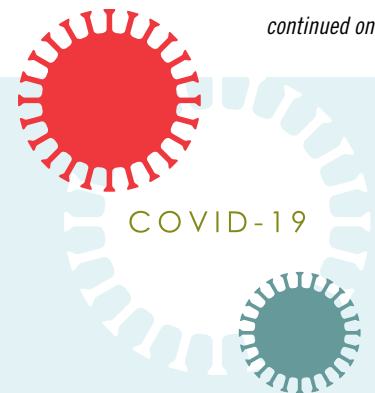
**Laurel Dunn**  
*Assistant professor, Department of Food Science and Technology*

In late 2019, a new severe acute respiratory syndrome (SARS) caused by a coronavirus emerged in central China. Coronaviruses, so called for the crown-like spikes on their surface ("corona" is Latin for crown), are typically associated with animal diseases, but occasionally these viruses do spread from animals to people.

Due to its similarity to the virus that caused the 2003-04 SARS outbreak that spread

through China, Hong Kong, Canada and several other countries and territories, this new disease has been named SARS-CoV-2 (because it is the second major SARS coronavirus) or COVID-19 (for coronavirus disease 2019).

While COVID-19 is similar to other coronaviruses that have caused infections in humans, the population has no prior immunity, and no currently developed



vaccines offer protection against the disease. Despite being compared to human influenza, the two viruses have little in common. COVID-19 is more infectious, results in more severe disease and causes more deaths than the seasonal flu.



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**UGA Extension is here for you** *continued from last page*

the health and well-being of our employees, partners and clients. All face-to-face programming and events, including 4-H activities, have been canceled or postponed at least through April.

County Extension offices are currently closed and all employees are teleworking. For specific details and local contact information, visit [extension.uga.edu/county-offices](https://extension.uga.edu/county-offices). The primary Extension website, [extension.uga.edu](https://extension.uga.edu), has information and publications about hundreds of topics. If you cannot find what you need, contact us and we will follow up with you.

If the need arises to for an on-site visit to diagnose a disease or pest or troubleshoot a problem, employees are still available to help. Agents and specialists will work out a safe way to look at the issue and get an answer for you.

Many of our clients are already accustomed to contacting our agents directly, and we encourage clients to continue

doing so. While it is not at all business as usual, we want to assure you UGA Extension is committed to doing all we can to be a part of the solution in this unique situation.



**UGA Extension is a valued resource you can use NOW.**

### **RELATED EXTENSION PUBLICATIONS**

Using Non-Perishable Items to Build a Healthy Plate: [t.uga.edu/5PF](https://t.uga.edu/5PF)

COVID-19 Financial Scams: [t.uga.edu/5PG](https://t.uga.edu/5PG)

## **4-H YOUTH**

# **Georgia 4-H offers free daily lessons to help homebound students, parents**

**Sharon Dowdy**

*Senior public relations coordinator, College of Agricultural and Environmental Sciences*



The Georgia 4-H program is delivering daily online activities to help parents and to continue providing youth development resources to children across the state. Lessons on a host of topics are being emailed daily, covering agriculture, health and wellness, snack ideas, and community-service projects.

The daily activities can be completed at home with common household items. The free lessons are geared for youth ages 5 to 18 and 4-H membership is not required. To register to receive the lessons, go to [bit.ly/PluggedIn4H](https://bit.ly/PluggedIn4H).

To read more, visit [t.uga.edu/5Pw](https://t.uga.edu/5Pw).

## Agricultural and Environmental Services Lab Operations

**Reuben Beverly**

*Director, Agricultural and Environmental Services Lab*

The Agricultural and Environmental Services Lab (AESL) is operating with a minimum of essential staff on reduced hours and limited services. All research samples will be held until the lab resumes full services. If you have any questions about lab operations or analysis, please contact your county Extension office or email [soiltest@uga.edu](mailto:soiltest@uga.edu).

### CURRENT SERVICES

- Drinking and waste water testing supports municipalities and public health. The lab will continue to offer tests W1, W2, W24, W33, W33B, W33C and W35. Some results may be delayed. If you need additional specific tests related to public health, please email [fewlab@uga.edu](mailto:fewlab@uga.edu) to inquire about availability.
- Feed testing tests F1, F2 and F3 for feed and forage samples will continue, but results for nitrate-N and minerals may be delayed.
- Soil and plant tissue analysis tests S1 and P1 will continue to assist in crop fertilization and management decisions. Turnaround times may be longer depending on sample volume.
- Litter, manure and lagoon sample tests for poultry litter (A1), manure (A6) and lagoons (A7) for nutrient management planning will continue, often for regulatory compliance.

### RECEIVING SAMPLES

Minimal staff will be available from 8 a.m. to noon on weekdays to receive shipments. Individuals may drop off samples at designated areas outside of the laboratory buildings. Samples submitted for tests other than those identified above will be held for later analysis.

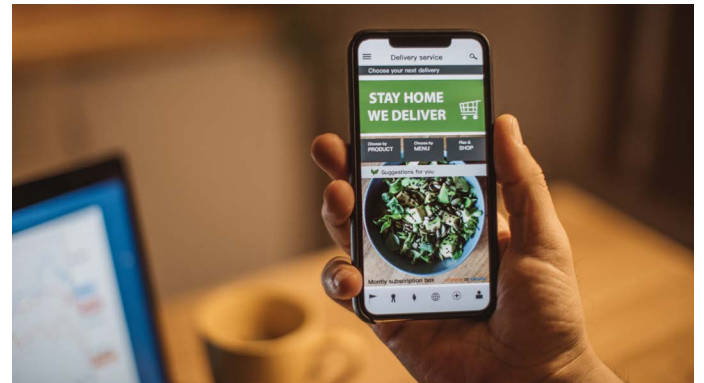


## FAMILY & CONSUMER SCIENCES

### Takeout is a low-risk food option during the pandemic

**Cal Powell**

*Director of communications, College of Family and Consumer Sciences*



As restaurant owners have moved to food delivery and curbside takeout services in response to COVID-19 concerns, many customers have wondered how safe the practice is.

According to the U.S. Food and Drug Administration, foodborne exposure to the virus is not known to be a route of transmission, and there have been no reports of transmission via food or food packaging.

Takeout is a good choice to lower risk of exposure because it reduces the number of touch points relative to eating in a restaurant, said Elizabeth Andress, a UGA Extension food safety specialist in the College of Family and Consumer Sciences.

“Current evidence shows that people are thought to be the most contagious when they are symptomatic, but this virus may also be spread by people before they show symptoms,” Andress said. “It is important for all at this time to avoid close contact with one another — maintain 6 feet of distance. In addition, food businesses should be following employee health policies and local health department recommendations to keep individuals showing any symptoms home.”

To read more, visit [t.uga.edu/5Px](http://t.uga.edu/5Px).

## AGRICULTURE & NATURAL RESOURCES

# Handling COVID-19 on produce farms and in packinghouses

**Laurel Dunn**

*Assistant professor, Department of Food Science and Technology*

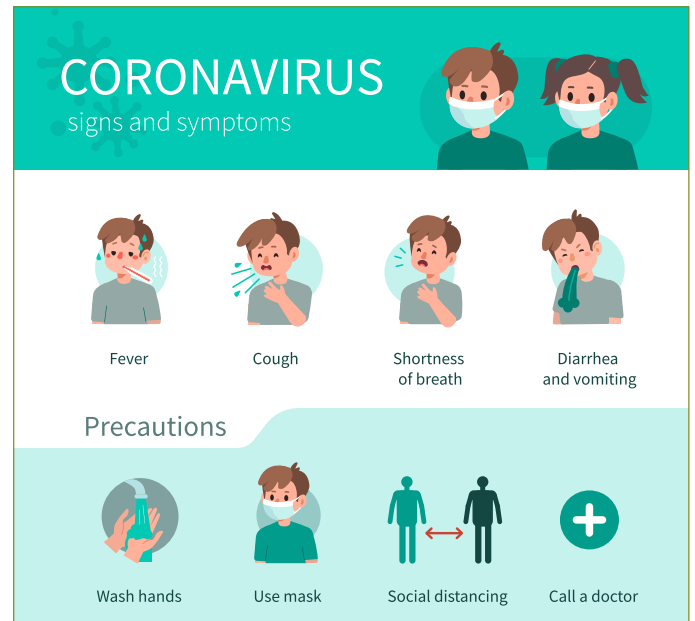
Food does not appear to be a likely cause of COVID-19 transmission, but many of the same practices used to prevent foodborne illness should be used to reduce the likelihood of COVID-19 contamination on fresh produce and the risk of COVID-19 spreading among workers.

Producers should educate workers on COVID-19 symptoms, how it spreads and how to reduce the spread of the disease.

The following are guidelines from UGA Extension to share with employees:

- Instruct workers to stay home if they are sick (coughing, sore throat, fever, diarrhea, vomiting, etc.).
- Reassure employees that they will not be punished for missing work due to illness.
- Have a plan in place and communicate in advance how you will address workers who do not want to miss a paycheck (paid sick leave, etc.).
- All employees must wash their hands frequently throughout the day with soap and water for at least 20 seconds. This includes when employees arrive to work, before they handle food, after breaks or after using the restroom, etc.

To read more, visit [t.uga.edu/5Py](https://t.uga.edu/5Py).



## EVENTS CALENDAR

Many UGA Extension programs and events have gone virtual, and others have been postponed due to social distancing guidelines. To view the latest information on public events, visit [extension.uga.edu/calendar](https://extension.uga.edu/calendar).



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***Our purpose:** We translate the science of everyday living for farmers, families and communities to foster a healthy and prosperous Georgia.*