Whether you’re maintaining a healthy and active lifestyle or growing your own food, we provide information and programs to help you and your family live healthier, happier lives.

SCIENCE-BASED
Not sure about the claim you read on social media? Our expert information and publications will help keep you safe and debunk common myths.

YOUTH-ORIENTED
We know that young people are integral to the future of our communities, which is why we actively engage students in 4-H healthy living and leadership programs.

LOCAL
We have faculty and staff in every county across the state. They are backed by our network of state specialists and available to help you.

Learn more and find your nearest Cooperative Extension office at extension.uga.edu or by calling 1-800-ASK-UGA1.
Get expert recommendations about:

**COVID-19 Vaccine Information:** vaccine facts and what to expect after being vaccinated

**Health & Wellness:** handwashing and sanitization directions as well as mental health advice

**Money & Home Finances:** guidance on income loss, scams and federal benefits

**Farms & Small Businesses:** operation guidelines for agricultural and food operations

**Youth Education & Parenting:** resources to entertain and educate

**Food Safety & Cooking:** how to handle groceries and eat on a budget

**Gardening & Self-Reliance:** home vegetable gardening and food preservation tips

To get the latest COVID-19 information, visit [extension.uga.edu/emergencies](http://extension.uga.edu/emergencies).