



## In This Issue:

- **Coronavirus -What You Need to Know**
- **EHC Reminders**
- **Tips from the CDC**
- **Recipe: Chicken Noodle Soup**

### Cleveland County Office

501 East Magnolia  
PO Box 386  
Rison, AR 71665  
Phone: (870) 325-6321

Diane Clement  
County Extension Agent-  
Family and Consumer  
Sciences

E-mail: [dcllement@uaex.edu](mailto:dcllement@uaex.edu)

Facebook:

[UAEX Cleveland County](#)

Twitter: [@ClementDiane](#)



**DIVISION OF AGRICULTURE**  
**RESEARCH & EXTENSION**

University of Arkansas System



United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

## What You Need to Know About COVID-19

*Adapted from What You Need to Know About COVID-19, Centers for Disease Control*  
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### How does it spread?

The virus, which is spreading from person to person in parts of the United States, is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes-but this is not thought to be the main way the virus spreads.

### What are symptoms?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. Symptoms may appear 2-14 days after exposure.

### How can I protect myself?

Take everyday preventive actions:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

**Is there a vaccine?** There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

**Is there a treatment?** There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information, go to [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19) and

<https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>

You may also email Diane Clement at [dcllement@uaex.edu](mailto:dcllement@uaex.edu).

## EHC Reminders



### EHC Spring Council Dinner CANCELED

Due to COVID-19 health safety concerns, the meeting has been canceled. It may be rescheduled for another month. If so, all EHC members will be notified when that happens.

### EHC Leader Training & Board Mtg Canceled for April 7

The April lesson material for each EH Club, *Important Papers: What to Keep and Where*, will be held at the Extension office. **EH Clubs should not plan to meet until further notice per our health officials.**

### Thank You "Y" EHC for turning in the EHC lesson surveys for January, February, and March!

No other club has turned in their surveys. But you still can. Don't forget to complete the short lesson evaluation/survey after each EHC lesson for January, February, March. These were included with your lesson packets. You can turn these in to our county Extension office. We send these to the state Extension office which is collecting data to measure the impact of these lessons around the state.

### April 25 State-wide AEHC Food Drive



### Nourishing Our Roots- Nourishing Our Future *One Million Meals, One Dime at a Time*

If you filled an empty, small 10-ounce water bottle with dimes, it would hold \$65. Did you know that with only \$50 the food banks can purchase 350 meals? For this project, your club can donate food, money, and time for food pantries, shelters, and food banks. Be sure to keep track of items and volunteer hours. Forms, available at the Extension office or online, can be turned in to the Extension office or at monthly EH Board meetings.

## "Working Together Today for a Better Tomorrow"



**AEHC Spring Education Workshop, 4-H Center Ferndale** (l to r) Kaye Green, Sheila Jackson, Karen Bell-Fox, Charlene Dixon, Marilyn Glaze, Angel Welden, Beverly Harlow, Diane Clement, (not pictured, Eva Marie Pearson)



*Karen Bell-Fox, AEHC President, at AEHC Education Workshop at Ferndale, speaks to EHC members from around the state.*

### EH Club Meetings

County Cultivators	1 <sup>st</sup> Monday	5:30 p.m.
Friendship	2 <sup>nd</sup> Monday	6:30 p.m.
New Home	2 <sup>nd</sup> Monday	5:00 p.m.
Rye	2 <sup>nd</sup> Monday	1:30 p.m.
Stitchin' Sisters	1 <sup>st</sup> Monday	9:00 a.m.
"Y"	2 <sup>nd</sup> Wednesday	10:00 a.m.

# More Tips from the Centers for Disease Control

## Keeping the home safe

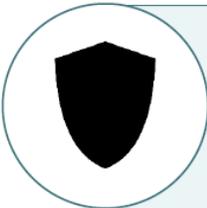
Encourage your family members to...

### All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

### Households with vulnerable seniors or those with significant underlying conditions



*Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system*

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

### Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

## Clean and Disinfect Surfaces

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

### Options:

- Diluting your household bleach (**to make a bleach solution, mix 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water**) Follow manufacturer's instructions for application and proper ventilation. Make sure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Alcohol solutions -Ensure solution has at least 70% alcohol.
- Other common EPA-registered household disinfectants – go to <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

---

-Chicken is a high-quality source of protein because it contains all 9 of the essential amino acids.

-Chicken is relatively low in fat, which makes it a popular heart healthy food.

-Removing the skin helps reduce the fat.

-Any chicken part may be used for this recipe. If using boneless, skinless chicken breasts, use only  $\frac{3}{4}$  pound.

-Soup freezes well. Make ahead and freeze for a cold day or sick day.

-Other seasoning may be used instead of the parsley and Italian seasoning.

Recipe from: *Arkansas Foods 2016 Recipe Calendar*

---

## Chicken Noodle Soup

Serves: 6

Serving Size: 1  $\frac{1}{3}$  cups

2 chicken leg quarters  
6 cups water  
1 tablespoon dried parsley  
1 tablespoon Italian seasoning  
1 teaspoon pepper  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{2}$  cup chopped onion  
2 cups sliced carrots (about 4 carrots)  
2 cups whole grain wide egg noodles (2.5 ounces)



1. Put chicken and water in a large stock pot. Bring water to a simmer. Cook until chicken reaches 165°F (10-15 minutes).
2. Clean and chop vegetables.
3. Remove chicken from pot with tongs. Cool in refrigerator about 5 to 10 minutes.
4. Add parsley, Italian seasoning, pepper, salt, celery, onion, and carrots to the pot of hot water.
5. When chicken is cool enough to handle, remove bones and skin and discard. Cut meat into bite-sized pieces and add to the pot of water. Bring to a boil.
6. When water is boiling, add noodles. Cook according to package directions or about 5 minutes.