

Be Aware of Covid Scams

Scammers are busier than ever and are targeting everyone, especially those over the age of 65. They take advantage of people. Offers to purchase Covid-19 test kits or air filtration systems are just a couple of scams. Others include vaccines, a cure or treatment for the virus. If you receive a phone call, text message, email or letter in the mail with claims to sell you any of these items – it's a scam. Currently, there is no vaccine or cure for Covid-19. Your best defense remains to social distance, wear a mask when you can't social distance, wash your hands and hard surfaces often and stay home if you are sick. As with any scam, be wary of offers and requests that do not seem right.



- Be on guard and say NO if anyone contacts you and asks for personal information. Don't respond to calls or texts from unknown numbers.
- Be cautious of numbers you do recognize. Scammers can use familiar phone numbers to trick you into answering or responding. Hang up if you don't recognize who you are talking to.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately.
- Remember, government agencies will never call you to ask for personal information or money.
- Always check on a charity before donating.

Check out Extension's Covid resources at uaex.edu/covid19 for more information about current scams and how to protect yourself.



Howard County Fair

The Howard County Fair will be conducted differently this year due to the coronavirus. There will be no home arts or educational exhibits in the building. Therefore, fair volunteers will not be needed. Only livestock will be shown throughout the week and Covid guidelines will be followed.

Most surrounding county and district fairs will be held this way. Nevada County has asked for judges as they plan to conduct their fair as usual. If you are interested in judging at a county fair this year, let me know as soon as possible. Please use your own judgment in deciding to volunteer in this capacity.

August EHC Board Meeting

The August EHC Board Meeting is scheduled for **Tuesday, August 25 at 1:00 p.m.** at the EH Center in Nashville. We are going to try and meet in person. At this time, only current board members and incoming board members are allowed to attend. This includes Gladine B., Tina C., Corliss L., Anita B., Doris R., Alicia L., Edith D., Dana N., Brenda J., Jean Ann F., Margie G., Evalou B., and Pam W.

Items on the agenda include:

- Installing new officers
- Discussion of upcoming programs
- Council Meetings
- District Rally



All voting members will be asked to wear a face covering and to social distance during the meeting. If you do not feel comfortable attending this meeting, you may join by Zoom using your computer, iPad, or phone. You must have internet capabilities to join via Zoom. Please call the office at 870-845-7517 to let us know you will be attending and provide an email address. Those wishing to attend through Zoom will be invited to join through email.

Are You Washing Your Face Masks Properly?

We are all mandated to wear face masks when we are in public places where social distancing cannot be practiced. Cloth face masks should be washed after each use. There are two ways to do this: by washing machine or by hand.



- 1) You can include your face covering with your regular laundry. Most are made from 100% cotton and should be washed in warm or hot water.
- 2) Prepare a bleach solution by mixing: 1/3 cup bleach with 1 gallon of water at room temperature or 4 teaspoons bleach to 1 quart of water. Soak the mask in the bleach solution for 5 minutes. Rinse thoroughly with cool or room temperature water. Hot water destroys bleach and is not recommended. Also, make a new batch of bleach solution each day as the bleach solution loses its effectiveness after 24 hours.

You have two options for drying the mask. In the dryer on the highest setting until completely dry; or you can lay it flat and allow to completely dry. If possible, place it in direct sunlight to dry. If you are lucky enough to have an outdoor clothesline, hang it to dry until it is completely dry.

Note: Always wash your hands after handling or touching a used face covering.

If you would like a pattern for a cloth face mask, you can download one from the AEHC website <https://www.uaex.edu/life-skills-wellness/extension-homemakers>

Source: Centers for Disease Control and Prevention (CDC)

Get Online with Technology

In today's world, most everyone is connected. It may be through their phone, tablet, or home computer. While it is great to have instant information at your fingertips, many sites offer inaccurate or misleading information. How can you be assured what you are looking at or reading is valid?

We use the internet to find answers to almost anything. Google processes over 40,000 searches every second. Every day 1 in 3 people in the world use the internet to access information. Whether it is finding the answer to a health concern or getting the latest news, technology is a part of everyday life.



Many sites publish misleading or confusing information regarding everything from health issues to the latest political news. People believe these sites because they (sites) are persuasive and believable. It is important to remember anyone can create content online. Now, more than ever, it is up to the consumer to determine what is a valid site and what is just a hoax.

Here are some questions to ask when determining if the site is valid or not:

- **Who** published the content? Can you trust them? Think about this: Your favorite tv personality is a popular medical doctor who has his own television show. Since he is a doctor does this mean what he says is true? Not necessarily. Keep in mind, the person may be endorsed by many different companies to promote or sell their products. Check out other web sites to see if the information can be backed up.

Find out who wrote the article. What are their credentials? This information should be listed right below or just following the title. An author may be credible if they are mentioned in similar articles or similar websites often.

Try to determine if the author is giving just the facts. The article is more valid if it just sticks to the point. Sometimes authors are advocates for a cause or are trying to market a certain product or service they are being paid to advertise.

- **What** is the site promising to do or offering? Do the claims seem too good to be true? If so, exit out and find another site to research. The author should not be biased with their views. Again, they should stick to the facts and back them up with scientific research.

Consider this, is a study valid if it is limited in size? Check to see how many people were involved in the study. If only a few people participated in the study or this is the only study of its type done on the subject, it probably isn't valid. Look for studies

that have done their homework, those that are reliable, and can be validated elsewhere. Valid sites do extensive research and discuss the benefits, the risks and impacts.

- **When** was the information written? Information changes over the years. Outdated information can be misleading or even dangerous, especially if it is health related. At one time, it might have been okay to water bath can certain vegetables. This is no longer the case. Research and tests have been conducted to determine that water bath canning vegetables does not reach temperatures high enough to kill potential bacteria that might be present.

Research that is over 5-10 years old may not be valid. Look for current research findings from the past few years. This way you will be getting the latest information possible.

- **Where** does the information come from? Is it based on scientific research? Who runs and pays for the website? Here is a good guide to help you determine who is behind the site.

If the site address (www.uaex.edu) ends in:

.com → a commercial or business

.edu → an educational institution or university

.net → a network organization

.org → a non-profit organization

.gov → a government website



Remember, there is a lot of good information available just a click away. Be on guard when checking out sites. Ask the who, what, when, and where questions. Finally, if you are searching for health information, discuss your findings with your doctor or a trusted professional. Don't rely solely on online resources. Words of advice -- If it sounds too good to be true, it probably is!

Source: <https://www.nccih.nih.gov/health/finding-and-evaluating-online-resources>
<https://lib.nmu.edu/help/resource-guides/subject-guide/evaluating-internet-sources>
https://www.usg.edu/galileo/skills/unit07/internet07_08.phtml

Ouachita District EHC Rally

Mark your calendar for the Ouachita District Rally scheduled for **October 27, 2020**.
Time and place will be announced at a later date.



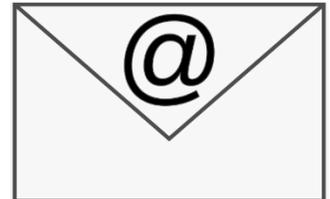
Member Reports Are Due!

**ANNUAL
REPORTS
NOW DUE!**

Even though we have not met since March, many of you have been volunteering your time making facemasks and serving others. It is very important for our county to report your time and efforts. These numbers are shared through state reports and show that Extension Homemakers are making a difference. Please take a few minutes and complete the club member scoresheet in your 2019-2020 yearbook and drop it off at the office. Even if you do not meet the criteria as an award winner, your time is important to our overall numbers. Please turn in reports **by September 11**. Club of the year reports are due at the same time.

E-mail Address is Needed!

Thank you to those clubs (Twilight EHC Club) who sent in email addresses with the member lists. If you have an email address, please share with the office. There have been opportunities through this pandemic where educational programs could have been conducted through email. In fact, the yearbook and officer committees did meet through email. If you do not have an email address, don't panic! You will still receive information through snail mail.



Please Return Survey!

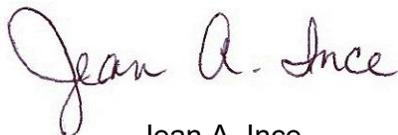
Several of you are serving on the Extension Homemaker Expansion and Review and Family Consumer Science committees. You should have received a survey this past week asking your opinion on educational programs to conduct for 2021. If you received one of the surveys, please complete and return it as soon as possible.

Hopefully we will be able to meet again soon! I miss all of you! Please stay safe! If you have questions or need assistance, feel free to visit our office or contact me by phone (870-845-7517) or email (jince@uaex.edu).



The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact the Howard County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,

A handwritten signature in black ink that reads "Jean A. Ince". The signature is written in a cursive style with a large initial "J" and a distinct "A".

Jean A. Ince
County Extension Agent - Staff Chair

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