COVID-19 Resources from Extension

As our society faces the challenges of maintaining health-oriented practices, social isolation, school closures, financial pressures and more, resources on the COVID-19 Extension page can help as you navigate through this challenging situation.

K-State Research and Extension specialists are subject matter experts in numerous aspects of life that have been affected by the COVID-19 pandemic. They provide unbiased, fact-based help in these subjects free of charge for the benefit of everyone in Kansas and the rest of the world.

Keep Your Eyes Open!

We will be sending out new information through email but we are also posting things to do at home, updates at the office, and activities still happening on our social media pages.

Follow us for updates at:
Thomas County Extension/4H on Facebook
and
Thomas County Extension on Twitter
Learning that cattle coronavirus isn’t the same strain as COVID-19

There is no indication that livestock can be carries of the COVID-19 virus. The coronavirus is very species specific. We know that there is a coronavirus associated with neo-natal diarrhea in cattle. Researchers are also looking into a different strand that may cause respiratory disease in cattle.

Take it from the director of the production animal field investigations unit, Gregg Hanzlicek, who responds to animal health issues across the state in K-State’s Veterinary Diagnostic Laboratory. Hanzlicek is recommending people to be around their livestock more so they can cut down on their human interaction.

Please do not try to administer the coronavirus vaccine for cattle into a human. It is extremely dangerous and will not help.

If you believe you have COVID-19 and have come in contact with your livestock please keep an eye on them. If they start showing any symptoms please contact your veterinarian and they will see if further testing needs to be done.

Veterinarians have started “telemedicine” which is where they will start asking for pictures or videos to be sent to them before bringing animals into the office. They are trying to keep the social distancing rule just like other offices. Please be calm while working with them during this time.

Spring Weigh-in

I know we are all anxious to know what is happening with fair this year. To be transparent with you we are still trying to hear if we are having it or not. As of this time we are still planning on having Fair July 18th—August 1st.

As for Spring Weigh-in our first date of May 7, 2020 is no longer able to happen. We are not able to host any events until after May 16, 2020. We are hoping to push weigh-in back until later in May and make it two days. If we end up going this route we will be sending out a spreadsheet on when clubs can sign up for a specific time. We are hoping this will help with the flow of traffic as well as keeping our social distancing to a maximum.

I understand that this is all new to all of us. Please be patient with us while we try and make this transition as easy as possible for everyone.

Thank you,
Emily
Self-Care for Responsible Care of Others
by Rebecca McFarland, Extension Agent, Frontier Extension District

Caring for ourselves should be a practice we engage in routinely. During challenging times that may be the first thing we take off of our schedule or to-do list. We have the best of intentions, but we easily replace it with another responsibility or to-do.

Your Rural Stress Transdisciplinary Team wants to remind you that taking care of yourself is vital to your health and well-being. Self-care is something we do intentionally, to take care of our mental, emotional and physical health and well-being. Self-care looks different for everyone. Your self-care plan needs to be customized to your needs, but should ensure that you are caring for your mind, body and spirit.

Plan to intentionally care for yourself.

Schedule time for yourself in your daily schedule. Allot some time each day when you don’t obligate yourself to anything. Give yourself total freedom to enjoy one of your favorite activities or states of being.

Practice self-care first thing in the morning. This could be as simple as five minutes of mindfulness, prayer or breath work. It might be journaling or writing down three things you are grateful for.

Don’t be afraid to try new methods or strategies for self-care. There are numerous videos and apps for mind-body methods, stress management, physical activity, etc.

Remember self-care also includes making healthy eating choices, being physically active, getting sufficient sleep, and getting regular health care check-ups and screenings.

If you already have a self-care practice you engage in routinely, keep it up. If not, I challenge you to incorporate at least one within the next week.

“There is enough time for self-care. There is not enough time to make up for the life you’ll miss by not filling yourself up.” — Jennifer Williamson

Coronavirus and Food Safety

Wash hands for 20 seconds

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Can a person become sick with COVID-19 from food? According to the Centers for Disease Control and Prevention “We are not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging. However, it is always important to follow good hygiene practices (i.e., wash hands and surfaces often, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly) when handling or preparing foods.”

Handwashing is important in every day life. This includes:

Food preparation and eating, Caring for someone who is sick, After using the bathroom or changing a diaper, After blowing your nose, coughing or sneezing, Touching animals, pet waste, pet food, After handling garbage.

Hand sanitizers can be effective, but not if your hands are visibly dirty. Learn more at www.cdc.gov/handwashing/.
Club Meetings
Face-to-face meetings, practices and other gatherings have been cancelled until May 16th. This includes club meetings, Pawsome Paws Dog practice, Shooting Sports practice, etc. If your club is still wanting to host a club meeting look into Zoom and have a virtual one!

Horse Papers
Horse Identification papers are due to the Extension Office on May 1st. The form must be front and back only, not two separate pages and must have a standard-sized photo attached with all markings visible.

State Fair Horse Qualifier
New this year: 4-H members may attend two District Horse Shows in order to qualify for the State Fair. However, members must choose which Show they are advancing from because they may only advance in qualifying events from one Show.
Southwest Horse Show is June 25th in Dodge City. Entry Deadline is June 15.
North Central Horse Show is June 29th in Salina. Entry Deadline is June 1.
Northwest District Horse Show is June 30th in Norton. Entry Deadline is June 12.

Small Animal Weigh-in
Small animal weigh-in has been postponed. We are working on determining our next plan of action with regards to livestock at the Fair. (Additional details on Ag Focus page 2.)

Project Enrollment
May 1st is the last day to add or drop projects on 4HOnline. Please log-in to update which projects you will or will not be participating in this year.

Great Northwest Camp
The Great Northwest Rock Springs Camp will be held from June 1st - June 4th, 2020. This camp is for youth ages 7-12. Counselor applications were due April 1st and camper registrations are due April 7th. Start planning your summer now by saving the date!

Camp Lakeside
Camp Lakeside is around the corner! This camp is for youth ages 7-9. It will be held June 10th-11th in Scott City. The theme this year is “Wild West.” Registration is due April 28th.

Shooting Sports
If you are interested in the Shotgun and Archery disciplines, keep your eye out for more information in the coming months. The original Shotgun safety meeting was scheduled for April 25th, but it has been postponed.
State Livestock Nominations
Market Beef state livestock nominations (including steers and market heifers) are due May 1st. All small animal nominations (non-market beef) are due June 15th. This includes commercial heifers, market swine, commercial gilts, market lambs, commercial ewes, and ALL meat goats. There is not a separate division for registered breeding does at either state show, so all meat goats must be nominated in order to be eligible to show. Any 4-H or FFA youth who would like to exhibit in the Kansas State Fair Grand Drive or KJLS is required to nominate their livestock projects. The 2020 nomination information has been distributed to county offices and may be found on the Youth Livestock Program website. The 2020 Declaration and Specie Nomination Forms MUST be used for nominations to be accepted. All families are encouraged to use the nomination checklist as a guide to ensure their nominations are complete upon submission. This resource may be found on the Youth Livestock Program website, or through the local county office. Please double check that there are not any blank fields or questions on the Declaration and Nomination Forms before placing them in the mail.

As a reminder, ear notches are required for swine nominations and scrapie tag numbers are required for sheep and goats. Nominations received without this information will be considered incomplete and returned to the family for completion.

Confirmation letters will be sent to families once their nominations have been processed, and reports will regularly be posted on the Youth Livestock Program website. Families are encouraged to use one of these options to verify their nominations.

A complete nomination does NOT constitute show entry. The Kansas State Fair and KJLS will release entry information to agents and through their respective websites as entry season draws near. State Fair Grand Drive entries will be due July 15th, and KJLS entries will be due August 15th. Animals who are nominated, but do not follow the appropriate entry processes set forth by each show, will not be permitted to show. For nomination questions, please contact Lexie Hayes at adhayes@ksu.edu.

Livestock Quality Assurance
Youth for the Quality Care of Animals (YQCA) is a new, national, multi-species livestock quality assurance program available for youth ages 8-21. This annual educational and certification program focuses on food safety, animal well-being, and character awareness for youth producing and/or showing livestock. Youth exhibitors in the Kansas State Fair Grand Drive and/or KJLS are currently required to have quality assurance certification (YQCA) in order to participate. It is a requirement to exhibit at the Kansas State Fair Grand Drive and/or KJLS for all species exhibiting livestock in 2020.
Reflections: 4-H Mission Motivates Our Response
Submitted by Wade M. Weber, State 4-H Director

4-H Youth Development is an Extension Program.
And as an Extension program, 4-H shares valuable information with people in the form of scientifically reliable facts. Facts about how attitude, behavior and systems impact other people and the environment we share.
Yet I know from my counseling background, that it is often observed that many people make decisions with their emotions and then justify them with facts. We know the responses of people to stress is to fight, flight, or freeze. Stressful times amplify this tendency as we have all seen with toilet paper shortages on store shelves.
I also know from professional training, that being able to see yourself apart from your setting or stressor can give perspective and allow a more tempered response versus being reactionary.

So I pose the question, what is 4-H apart from this present situation?
To frame a response, I will share what I heard a speaker say recently that crisis causes organizations to evaluate their product, process, and people.

What is 4-H's Product?
Youth developing into tomorrow’s leaders by involving them today!

What is 4-H's Process?

Who are 4-H's People?
Each and every one of you! People reaching out to people! Inviting others to learning together. Giving grace to each other in these crazy times. Yet banding together and being purposeful because youth are watching how we do this. They are observing how we handle decision making in stressful times and more importantly they are observing how we handle/talk about stress in these uncertain times. So look for ways to identify with youth in the wide range of responses to the events of our times. Help them give voice to the loss of relationships, activities, and routine. Yet look for ways to connect to our community.

Resiliency, purposefulness, and innovation to connect youth to the developmental goals we aspire to in 4-H is to be commended. You inspire me to keep working day by day in these uncertain times taking the next right step. Together we are building a resilient 4-H program!
Keep living out the 4-H Pledge each and every day.

We're in this together.
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**Notes:**
- SS = Shooting Sports
- AH = Abilene Hustlers
- BPG = Brewster Prairie Gem
- Gem = Gem 4-H
- CC = Colby Comets
- SV = Solomon Valley
Bookmark our website for quick reference to educational and informational resources as well as contact information for all of your questions:

http://www.thomas.k-state.edu

Check us out on Facebook & Twitter:

K-State Research and Extension Thomas County 4-H

K-State Research and Extension and Thomas County Extension are committed to making their services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Sheryl Carson at 785-460-4582.