



“The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities”



Walk Kansas is an 8-week walking program that starts on March 15th and goes till May 19th. Here is the jest of it:

- ▲ Make a team of 6 walkers, name a captain and pick a team name.
 - ▲ Stop by the Extension office and pick up a Walk Kansas packet with registration forms.
- Or
Register Online: www.walkkansas.org
Cost is \$10 per team member. T-shirts are optional.

Each team member needs to keep track of how many minutes they walk each week. (Other forms of exercise count as well, 15 minutes of most any form of exercise counts as 1 mile).

You will also keep track of how many cups of fruits and vegetables you eat each week.

Turn in your weekly total to your team captain, the team captain will call the office each Monday with the team total of minutes walked.

Or Log on to your team page to record your minutes.

At the end of the 8 weeks, your team will have collectively walked across Kansas, almost 423 miles!

*Weekly prize incentives are drawn for team captains who turn in their team totals in a timely fashion.

It's Fun! It's Healthy! It's Time to get Moving!!

There will be a **Walk Kansas Kick-off on March 15th** at the 4-H building at the Troy Fairgrounds at 2:00 pm. We will have snacks, prizes, and fun team building games!
See You There!

Celebrate behavior change!

- Send a message each week to highlight team or member success.
- Send a motivational text, a cartoon, e-card or postcard.
- Arrange team activities such as a bowling party, miniature golf, a pot-luck dinner or lunch out.
- Participate in local program classes or activities.

MARCH WEATHER!



COVID-19

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the current outbreak of coronavirus disease, COVID-19

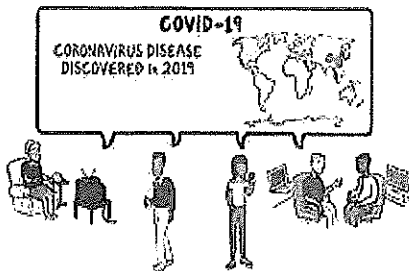
CDC is closely monitoring an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in Wuhan City, Hubei Province, China and which continues to expand.

On February 11, 2020, the World Health Organization named the disease coronavirus disease 2019 (abbreviated "COVID-19")

Situation in U.S.

Imported cases of COVID-19 in travelers have been detected in the U.S. Person-to-person spread of COVID-19 also has been seen among close contacts of returned travelers from Wuhan, but at this time, this virus is NOT currently spreading in the community in the United States.

Outbreaks of novel virus infections among people are always of public health concern.



The potential public health threat posed by COVID-19 is high, both globally and to the United States. The fact that this disease has caused

illness, including illness resulting in death, and sustained person-to-person spread in China is concerning. These factors meet two of the criteria of a pandemic.

It's unclear how the situation will unfold, but risk is dependent on exposure. At this time, some people will have an increased risk of infection, for example healthcare workers caring for patients with COVID-19 and other close contacts of patients with COVID-19.

For the general American public, who are unlikely to be exposed to this virus, the immediate health risk from COVID-19 is considered *low time at this*.

What to Expect

More cases are likely to be identified in the coming days, including more cases in the United States. It's also likely that person-to-person spread will continue to occur, including in the United States.

CDC Recommends

While the immediate risk of this new virus to the American public is believed to be low at this time, everyone can do their part to help us respond to this emerging public health threat:

*It's currently flu and respiratory disease season and CDC recommends

getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

*If you are a healthcare provider, be on the look-out for people who recently traveled from China and have fever and respiratory symptoms.

*if you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your travel or exposure to a COVID-19 patient.



<https://www.cdc.gov>