

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Tips for food safety when ordering takeout or delivery

BY SANDRA BASTIN, PH.D., R.D.N., L.D.

Extension Professor for Dietetics and Human Nutrition

Dining out at your favorite restaurant is not an option right now, but you can support them through takeout and delivery. There is no evidence to show that food will transfer COVID-19, and current research shows the risk of viruses being transferred to food packaging is very low. The greatest risk of contracting the virus is from people who have the virus. The law requires restaurants to train their employees in food safety and sanitation to keep consumers safe. But you can reduce your risk by following appropriate recommendations at home, as well. If you decide to order takeout or delivery, follow these guidelines.



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Ask your pharmacist or doctor about filling prescriptions for more days to cut down on trips to the pharmacy.

Keeping your dementia patient safe during COVID-19

BY AMY F. KOSTELIC

Extension Specialist for Adult Development and Aging

The Alzheimer's Association warns that those living with dementia could be at higher risk for COVID-19. Patients are in this category because of dementia-related behaviors, older age, and common health problems that go with both. They might forget to take precautions like washing their hands or social distancing. To help keep your loved ones safe, the CDC and Alzheimer's Association recommend that caregivers do these things.

- For people living with dementia, increased confusion is often the first sign of any illness. If your loved one shows rapidly increased confusion, call your health-care provider.
- Create extra and/or written reminders of hygiene practices.
- Hang signs to remind them to wash their hands for 20 seconds.
- Keep hand sanitizer with at least 60% alcohol close by.
- Ask your pharmacist or doctor about filling prescriptions for more days to cut down on trips to the pharmacy.
- Make back-up plans for their care if you become sick.

OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/at-home-dementia-caregivers-and-covid-19.pdf>



Whether you are listening, playing, or singing, music has proven benefits for our emotional health.



Use music to help manage your stress

BY JENNIFER TACKETT

Extension Specialist for 4-H
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Music can be a very useful tool in relieving stress. Some of us are stressed right now. I have my moments of being overwhelmed, and when that happens, I usually turn to music. I put on one of my favorite Don Williams songs, pick up my guitar, or sometimes sing at the top of my lungs in the car.

Research shows that music can help promote healing and improve

your physical and emotional health. It stimulates the production of the feel good hormones in your body. You can now major in Music Therapy, and we have a couple of 4-H Performing arts students who are studying it.

Create a happy playlist. I have one on my phone. It's my go-to when I'm stressed. Everyone's playlist will look different. What songs you have will depend on what kinds of songs you want to listen to when you're stressed. Some will

want slow songs, some dancing songs, some sad songs. It doesn't matter, as long as you connect.

Whether you are listening, playing, or singing, music has proven benefits for our emotional health. Music is an easy, powerful tool that everyone can relate to.

OTHER RESOURCES

Your self-care menu (video):

<https://youtu.be/itWF1hxZnSQ>

Tips for food safety when ordering takeout or delivery

- **Order from restaurants you trust.** Check the health department scores on the internet. You can also call the restaurant to ask what precautions they are taking.
- **Choose direct pickup over restaurant delivery.** Pick up your food after peak hours to avoid crowds. Put disposable gloves on before going into the restaurant or accepting a delivery. Take them off after sanitizing your credit card and before driving away.
- Whether you pick up or choose delivery, **use gloves to handle the packaging, or wipe the packaging with a sanitizing wipe.** Throw away the packaging immediately, and wash your hands before eating.
- **Serve the food on individual plates.** Don't eat out of the container. Use your own utensils. Save leftovers in your own packaging. Wipe your table with a disinfectant wipe.



OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/support-your-local-food-establishments.pdf>

Make the healthy takeout choice (related article):

<https://fcs-hes.ca.uky.edu/files/takeout-submitted.pdf>

Use gloves to handle food packaging, or wipe the packaging with a sanitizing wipe.

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