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@UnitOne4H



# E-NEWS



March 13, 2020

**"To Make the Best Better"**

**I ILLINOIS**  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

March 17, 2020

Dear Friends of Extension and 4-H,

Like many organizations, Illinois Extension has moved to a remote working environment for our county offices. Yesterday, I worked with my staff to ensure that everyone has what they need to connect and work remotely for at least two weeks, with the possibility of extending the time period. Most of us saw this coming and I have to commend everyone for their upbeat attitudes as we moved into this uncharted territory.

We actually started the process of assessing our events and postponing/cancelling them Wednesday afternoon when word came from campus that we needed to cancel the Tri-State Forestry Conference planned for Saturday, March 14. Since that time, staff have been following announcements and directives and responding appropriately.

Like others, we have now postponed our events, workshops and meetings until further notice. Staff are working remotely and are in communication with me, their co-workers, volunteers and others. We will provide information to various groups related to planning meetings, online educational opportunities and other topics. Some programs will be converted to online presentations and information will be shared with the appropriate audiences. We will include as much information as possible and use it to share links to it on our website. Extension has so many online resources; we are excited to share them with people.

My main concern is the health and wellbeing of our employees, their families, our volunteers and families and the many people involved in our programming. While this situation makes it impossible to connect face to face, we are still able to "talk" via emails and phone calls. Reach out to that staff member you usually work with. They will be happy to discuss issues and answer questions. Staff will be checking office phone messages daily and will respond when they are able. For now, the most effective form of communication is email.

Our thoughts are with everyone in our communities and beyond as we adapt to this "new normal." Please let us know if we can help.

Margaret Larson  
County Extension Director

*Serving Jo Daviess, Stephenson and Winnebago Counties*  
Jo Daviess County 204 N Vine St, Elizabeth IL 61028 • 815.858.2273  
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Winnebago County 1040 N Second St, Rockford IL 61107 • 815.986.4357

**IMPORTANT INFORMATION REGARDING 4-H PROGRAMMING:** We know that there are a lot of questions regarding the COVID-19 situation. IL 4-H State and local Extension Staff have been actively reviewing the situation to ensure the safety of all participants and 4-H members.

This email is to confirm the following, in alignment with campus policy:

*“All large events (anticipating 50 or more attendees) that are scheduled March 13-May 31 should be cancelled as soon as possible.”*

State and National 4-H events impacted by this new policy include the following:

**State 4-H Awards Banquet** (March 14) – cancelled. Registration fees will be refunded and award items distributed to county staff at 4-H Regional Meetings in April.

**Speaking for Illinois 4-H Training** (March 21) - will be changed to an online format for a shorter timeframe. See Details in this e-news.

**IL 4-H Horse Speaking and Hippology Contest** (April 18) – The event in Champaign will be cancelled and we are looking at options for online alternatives. Details and announcement forthcoming.

**IL 4-H Horse Bowl Contest** (April 19) – The event in Champaign will be cancelled and we are looking at options for online alternatives. Details and announcement forthcoming.

**Legislative Connection** (May 6-7) - Registration will continue at this time. We will re-evaluate in April.

**IL 4-H State Robotics Competition** (May 9) – the event in Bloomington-Normal will be cancelled and we are looking at options for online alternatives. Details and announcement forthcoming.

For all 4-H events planned for summer (June-August), the plan is to re-evaluate the status of planned 4-H summer programming and make decision based on information gathered in the next few weeks. 4-H events in this category include but are not limited to:

- 4-H Camp
- 4-H Illini Summer Academies
- State Livestock Judging
- 4-H County Fairs and General Project Shows
- County Public Speaking Contests and other competitions

At this point we are not making a central decision about 4-H club meetings and other smaller group gatherings. In these cases, individuals are encouraged to use good judgement and follow public health guidelines to mitigate the spread of the virus. Where possible, consider postponing activities for the next two weeks and/or looking at online options. High risk individuals are encouraged to minimize contact, and individuals with symptoms are asked to stay home.

**SPEAKING FOR ILLINOIS:** This 4-H training will be offered virtually instead of in person which brings a unique opportunity to ALL 4-H members in the state over the age of 14! The registration has been re-opened until Friday at noon and there will be no fee for this event. This is a required training to be able to represent Illinois 4-H at Legislative Connection events.

A few answers to questions you may have are listed below. If you have other questions, please do not hesitate to ask.

- We will be using the Zoom platform for the call. We would like attendees to use a camera when available, this will help with engagement, but is not required. Zoom can be used on your computer or phone. If video capability is unavailable you can still call in via your computer, if internet access is unavailable you may call in via the phone number listed below. The invitation will be directly sent to them upon completing registration.
- The virtual sessions will be offered on Saturday March 21<sup>st</sup> from 9-11 am.
- Registration will be opening back up until Friday at noon so invite others who would be interested!

Direct link to registration: <https://web.extension.illinois.edu/registration/?RegistrationID=22084>

**COUNTY PUBLIC SPEAKING**— Our date will be set based on the State 4-H deadline. Once I find out when I have to have all Public Speaking participants “promoted” to the State Contest... we can set our date. With everything that is happening at the moment we are unsure what the timeframe will look like. Please watch for more information in the next few weeks.

**TO BE DETERMINED**

**SUMMARY OF EVENTS-** Here is a summary of the events that have been cancelled.

- Sew Into It– Sewing Clinic
- Girl’s Science Siesta
- 4-H Fun Day
- 4-H Federation- April International Potluck
- March– Owl Club Meeting

We will re-evaluate any activity/meetings scheduled to take place after Easter. Please stay tuned. Be sure to check with your leader for any club activities that are scheduled to take place in the next two-three weeks.

**Quality Assurance and Ethics Training**— The Quality Assurance and Ethics training is required for all youth that enroll in horse, rabbit, poultry, dog, cavy (guinea pigs), and cat. Members must take the training whether they own a live animal or not. It is advised that they complete this one time as soon as they are enrolled in the project area.

Counties will monitor completion of this. Failure to complete QA&E will result in the member's animal science project enrollment being cancelled and they will be ineligible to exhibit at county fairs.

The website is open year round @ <http://web.extension.illinois.edu/gaec/>.

**Horse Lease/Ownership Paperwork**— All horse paperwork is due on **May 1** in the Extension Office. This means you must have owned a horse or have one leased by this date.

**\*You must take NEW pictures. Pictures from previous years have been discarded.**

You must turn in the ownership/lease form and completed your guidelines and policies form.

Please keep in mind that you are NOT required to turn in your Coggins at this time. You will be required to have it "in hand" for the 4-H fair or any show/clinic that you participate in, however.

## **Deadlines**

**Deadlines are a super important part of 4-H.**

**Enrollment, animal ownership, and fair deadlines are just a few of the big ones to keep in mind.**

**There is always a lot of behind the scenes activity that takes place after deadlines.**

**Please keep in mind that deadlines are set to give the 4-Her the most time to "get it done" but not a lot of time for me to get it done!**

**Animal Ownership Deadlines**— All 4-Hers who intend to exhibit at the 2020 Jo Daviess County 4-H Fair must abide by the following ownership deadlines.

### **January 1**

Performance Cows (Beef)  
Dairy Cows  
Milking Does (Goat)

### **February 1**

Steers  
Ewes

### **May 15**

Market Wethers & Ewes (sheep)  
Jr. & Open Premiere Sheep  
All Meat Goats (wethers and all breeding animals)  
Beef Bucket Calves

### **June 1**

Gilts (Swine)  
Dairy Calves & Heifers

### **June 1 continued**

Barrows (Swine)  
All Rabbits  
All Poultry  
Beef Heifers  
Horse/Pony  
Dogs  
Dairy Goat -Kids/Yearlings (not in milk)  
All Pygmy Goats

### **June 25**

Sheep Ewes & Rams

**Program Book Cover Contest**- Congratulations to Evan Trone from the 21st Century 4-H Club for winning this year's Program Book Cover Contest. His drawing will appear on the front page of this year's book. Thank you to everyone who submitted!

**SHOOTING SPORTS VOLUNTEERS NEEDED**-Many young people don't have someone to show them how to safely handle a firearm or bow. Think back to the person who taught you to shoot. The Illinois 4-H program needs adults willing to serve as mentors and share their passion of shooting sports. Here's what you need to do:

-Contact your local Extension office and complete the required forms and background checks. The local office will complete your registration.

-Complete a 3-hour online training module at home.

-Attend a 9-hour hands-on field day which runs from 9 AM to 7 PM.

-Check your local office to see if assistance is available for the \$85 fee. Training dates for 2020 are:

\***Western Illinois: Saturday, June 13** at Gardner Camp, Hull. Register by June 3.

\***Northern Illinois: Saturday, Sept. 12** at Torstenson Youth Education Center, Pecatonica. Register by September 2.

**4-H Federation Meeting**- 4-H Federation will meet on Monday, April 6. This meeting will begin at 6:30 pm. This will be our International Potluck. Everyone, please bring a dish to share and Angela will bring the drinks!

Federation is open to any Jo Daviess County 4-H member. Federation is a county leadership group that focuses on making Jo Daviess County 4-H better for its 4-Hers.

**Jo Daviess County 4-H Auction Committee Meeting**: will be held on Tuesday, June 9, 2020 at 7:00 p.m at the CTE Academy in Elizabeth, IL.

If you can not attend please call Sue Meusel at 815-266-3886.

**Master Showmanship Contest at the Illinois State Fair**: This year's contest will take place on Friday, August 14 at 7:00 p.m. or 30 minutes following the conclusion of the Supreme Heifer Show.

If you would like a chance to participate, please let Angela know by May 1. See rules and regulations attached.



**NEW THIS  
YEAR:**

**WE WILL  
HAVE OUR  
FIRST EVER  
GUINEA PIG  
(CAVY) AND  
SMALL PET  
SHOW  
DURING THE  
JDC  
4-H FAIR.**

**THIS WILL  
TAKE PLACE  
AFTER THE  
CAT SHOW.**

**IF YOU HAVE  
A GUINEA  
PIG AND  
WOULD LIKE  
TO EXHIBIT  
IT AT FAIR BE  
SURE TO  
CONTACT ME  
AND WE CAN  
CHECK TO  
SEE IF YOU  
ARE IN THE  
CORRECT  
PROJECT.**

**YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA)** -The YQCA is a new livestock quality assurance program that is replacing PQA which no longer exists. It also replaces the Quality Assurance & Ethics (QAEC) program for youth in the following species: **dairy cattle, beef cattle, swine, sheep, and goats**. All 4-H exhibitors of these animals will be required to certify in the YQCA program yearly starting for the 2020 show season. Youth must either attend a face to face class or certify on-line via the website <https://yqca.learn-grow.io/>. The YQCA program is for youth ages 8-18 years old. The online version is broken into age divisions as follows: juniors 8-11, intermediate 12-14, and senior 15-18. This certification is annual with test out options of 1-3 years. Youth exhibiting swine at the Illinois State Fair and 4-H fairs are no longer required to be PQA plus certified. The cost for the face to face training will be \$3 and \$12 for the online version.

4-Hers must complete the correct training in order to exhibit at the JDC 4-H Fair. **THIS IS MANDATORY.** Failure to complete the training(s) will result in the member NOT being able to exhibit their livestock project. The deadline to complete each training is **June 1, 2020**.

The Jo Daviess Face to Face will be held on the following date:

**Jo Daviess County: May 3, 2020**, JDC Extension Office located at 204 Vine St. Elizabeth, IL. This will begin at 3 pm.

If you are currently enrolled in one of the species listed above, you should have received a letter and a step-by-step instruction sheet to help you. Please remember, if you plan to take the instructor-led course you must PRE-REGISTER. Payment is due at the time as registration. Registration is now open. I have the limit set at 40, so spots are limited!

You will be required to print your certificate of completion and turn a copy into the Extension Office. Please look over the directions BEFORE jumping in.

**I HAVE A LIMIT OF 40 PARTICIPANTS AS OF RIGHT NOW FOR THE JDC TRAINING. I ALREADY HAVE 11 REGISTERED. HOWEVER, PLEASE UNDERSTAND THAT ANYONE IN THE STATE CAN COME TO THE FACE-TO-FACE IN JDC. 4 OF THE 11 THAT HAVE REGISTERED. ARE FROM ANOTHER COUNTY.**

**YOU MAY ALSO LOOK FOR OTHER COUNTIES THAT ARE HOLDING EVENTS AND GO THERE. CARROLL, OGLE AND WHITESIDE HAVE DATES IN APRIL AND MAY. CHECK IT OUT IF YOU WOULD LIKE THAT OPTION.**

**4-H ALUMNI-** IL State 4-H has a new state specialist. Her name is Tina Veal and she is our 4-H Alumni & Constituent Engagement Manager. Tina will be working with counties to better engage our 4-H Alumni. If you are a 4-H alumni please consider joining the public Illinois 4-H Alumni Facebook group: <https://www.facebook.com/groups/il4halumni/>. Or join the Illinois 4-H Alumni Association by registering: [go.illinois.edu/il4halumni](http://go.illinois.edu/il4halumni).



**2020 4-H Camp**-Registration for 4-H Camp 2019 is open! 4-H Camp is set for **June 8-12 at Rock River Christian Camp in Polo, IL.** Sign up today to get your child in on all of the amazing fun!

4-H Camp is a five-day, four-night residential camping experience that is conducted cooperatively by University of Illinois Extension staff in Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago Counties and the professional staff at RRCC.

Historically, parents have sent their children to 4-H Camp for a variety of reasons: to have fun, to make new friends, to develop new skills, to be physically active and to appreciate nature. 4-H Camp is about way more than one week of fun. Sending your child to 4-H Camp will allow them to create memories they will carry with them through adulthood. 4-H camp teaches youth to make good decisions, build their self-confidence, become independent and gain the ability to work well with others. These skills will help youth develop into strong adult leaders. In addition, 4-H camp counselors devote much of their personal time to ensure today's campers have the same great experience they did as children.

Campers at 4-H Camp will check-in from 6:00-6:30 p.m. on Monday, June 8 and checkout from 6:00-6:30 p.m. on Friday, June 12. During camp week, youth will engage in a variety of activities designed to challenge, educate and entertain. Two or three free-choice periods will be offered daily and will include options such as hiking, high and low ropes courses, zip lining, arts and crafts, swimming, crate stacking, team building challenges, survival skills, and much more. Evening activities will be provided by the 4-H camp counselors and include campfires, an adventure night and a dance. It is guaranteed to be a blast!

4-H Camp is open to **ALL** boys and girls, ages 8-14 by June 10. **4-H membership is not required**; however all participants will be expected to comply with the same high behavior standards expected of 4-Hers. Youth need to be interested and excited to have a week of outdoor fun, away from television and technology.

Cost is \$250 for 4-H members and \$270 for non-4-H members until March 1. After that date, the price goes up \$20.00. All camp fees must be paid in full by May 20. Download a camper application on-line at: <https://extension.illinois.edu/jsw/4-h-camp> or you can register online at: <http://go.illinois.edu/4HSummerCamp>. You may also call the Jo Daviess County Extension at 815-858-2273.

Slots for boys and girls cabins will be filled on a first come, first serve Basis and fill up fast.

**THERE ARE STILL SPOTS REMAINING– SIGN UP TODAY!**



# HORSE CLINIC

JOIN US ON



## JUNE 27, 2020

AT THE

**SHENANDOAH RIDING CENTER**



There is a \$5 fee for each participant to help cover the cost of the rental fee. Participants must be 8-18 years of age. Parents are welcome to participate as well. **Pre-registration is required.** Participants must bring their own lunch, snacks, and drinks for the day. 4-Hers must also have a 4-H lifetime liability waiver on file at the Extension Office AND fill out the Riding Center waiver in order to participate. Participants must have an updated Coggins test with you on the day of the clinic and a helmet must be worn. Our office has two helmets if you would like to check one out!

### **Tentative Schedule:**

8:15-9:00 am	Arrive/get horse ready (no saddle)
9:00-11:30 am	Showmanship Class
11:30 am- 12:30 pm	Lunch and get horse warmed up
12:30 pm- 2:30 pm	Performance Class
2:30 pm- 4:00 pm	Trail Ride (for anyone who wants to go)

Contact Angela Miller at 815-858-2273 or email at [amiller11@illinois.edu](mailto:amiller11@illinois.edu) or call Andi Pickel at 563-212-6278 for any questions you may have.

If you need a reasonable accommodation to participate in this program, please contact the Extension Office at 815-858-2273. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

University of Illinois Extension provides educational programs and research-based information to help Illinois residents improve their quality of life, develop skills and solve problems. If you need a reasonable accommodation to participate in this program, please call the U of I Extension office. University of Illinois Extension provides equal opportunities in programs and employment. University of Illinois College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating

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**FOR MORE INFORMATION CALL OR REGISTER AT:**  
**(815) 858-2273 OR [GO.ILLINOIS.EDU/JSW](http://GO.ILLINOIS.EDU/JSW)**

**Registration will open later— please use this as a SAVE THE DATE**





University of IL Extension & Friendship Quilters presents:

# SEW INTO IT!

All youth 8 years or older is invited to join in Davies County 4-H and the Friendship Quilters for this fun, hands-on workshop. Participants will have SEW much fun making their 9 patch pillow, learning from experienced leaders, and interacting with other youth across the county. All materials and machines will be provided so all we need in YOU!

You do not need to be in 4-H to attend. If you attended last year, there will be a more advanced project for you and more to learn.

Space is limited. To register visit [go.illinois.edu/jsw](http://go.illinois.edu/jsw) to reserve your spot or call 815-858-2273. **Pre-registration is required!**

If you need a reasonable accommodation to participate in this program, please contact the Extension Office at 815-858-2273. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



**Elizabeth Community Building**  
**Saturday, March 21, 2020**  
**9 am-noon**

University of Illinois Extension provides educational programs and research based information to help Illinois residents improve their quality of life, develop skills and solve problems. If you need a reasonable accommodation to participate in this program, please call the U of I Extension office. University of Illinois Extension provides equal opportunities in programs and employment. University of Illinois College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating

**We will work with the instructors to reschedule when there is less risk for everyone involved!**

# 4-H FUN DAY

SESSION 1	SESSION 2	SESSION 3
<ul style="list-style-type: none"> <li>"Cooking Italiano" 10 Max Ages: 5th grade and up</li> <li>"Paracord Fusion" No Max Ages: 3rd grade and up</li> <li>"Vet Science" 15 Max Ages: 5th grade and up</li> <li>"Buzz is the Word" 10 Max Ages: 3rd grade and up</li> <li>"TECHQUEST" 20 Max Ages: 3rd grade and up</li> <li>"Sign Painting" 15 Max Ages: 3rd &amp; 4th grade</li> </ul>	<ul style="list-style-type: none"> <li>"Cooking Italiano- cont." 10 Max Ages: 5th grade and up</li> <li>"Dreamcatchers" No Max Ages: 3rd grade and up</li> <li>"Vet Science-cont." 15 Max Ages: 5th grade and up</li> <li>"Buzz is the Word" 10 Max Ages: 3rd grade and up</li> <li>"Interior Design" 10 Max Ages: 3rd grade and up</li> <li>"Sign Painting" 15 Max Ages: 5th grade and up</li> </ul>	<ul style="list-style-type: none"> <li>"Delizioso" 10 Max Ages: 3rd &amp; 4th grade</li> <li>"Wool Felting" 16 Max Ages: 5th grade and up</li> <li>"Vet Science" 15 Max Ages: 3rd &amp; 4th graders</li> <li>"Buzz is the Word" 10 Max Ages: 3rd grade and up</li> <li>"Fishing 101" 10 Max Ages: 3rd grade and up</li> <li>"Sign Painting-continued" 15 Max Ages: 5th grade and up</li> </ul>
<b>SOME OF THE ACTIVITIES INCLUDE:</b>	<b>CLOVERBUDS</b> 30 max	<b>KINDERGARTEN-2ND GRADE ONLY!!</b>
*UFO*      *Sun Catcher*	*Slime Making*	*Edible Dirt*      *and more*

FREE

8AM-NOON

## FRIDAY, APRIL 10

CTE ACADEMY \* ELIZABETH, IL

Pre-Registration is REQUIRED!!!

Register online by visiting: [go.illinois.edu/jsw](http://go.illinois.edu/jsw)

or call the Extension Office at 815-858-2273

## Deadline to register is April 5

OPEN TO ANYONE  
5-18 YRS OLD



## ILLINI SUMMER ACADEMIES

**June 21 – 26 | University of Illinois at Urbana-Champaign**

Imagine getting to work alongside university professors while you're still in HIGH SCHOOL! Imagine getting to hang out on a college campus. Imagine spending five days with kids your age from all across Illinois. That's what happens at Illini Summer Academies, so stop imagining it and just do it!

This conference runs **June 21-26** on the University of Illinois campus. There are 13 different programs during the week. Illini Summer Academies is supported by the University of Illinois 4-H Foundation and intended to serve youth living in Illinois.

Learn more @ [go.illinois.edu/illini4H](https://go.illinois.edu/illini4H). **REGISTRATION WILL OPEN APRIL 17.**

Apply for a scholarship @ [go.illinois.edu/illini4H](https://go.illinois.edu/illini4H). The scholarship covers the \$260 base cost of the conference. The responsibility of the attendee. Space for each academy is limited and will be filled on a first-served basis. Many academies reach capacity before the registration period ends. Don't wait. Academies and costs include:

- AGRICULTURE AND COMMUNICATION**. Department: Ag Leadership, Education, and Extension. College: Agricultural, Consumer, and Environmental Sciences. Cost TBD.
- ANIMAL SCIENCES**. Department: Animal Sciences. College: Agricultural, Consumer & Environmental Sciences. Cost TBD.
- BEEKEEPING**. Department: Entomology. College: Liberal Arts and Sciences. Cost: TBD
- CHEMISTRY**. Department: Chemistry. College: Liberal Arts and Sciences. Cost: \$280.
- ELECTRICAL AND COMPUTER ENGINEERING**. Department: Electrical & Computer Engineering. College: Engineering. Cost: \$485.
- GAME DESIGN: STORYTELLING AND FABRICATION**. Champaign-Urbana Fab Lab. Cost: \$335.
- HUMAN DEVELOPMENT AND FAMILY STUDIES**. Department: Human Development and Family Studies. College: Agricultural, Consumer, and Environmental Sciences. Cost: \$295.
- JOURNEY FROM FARM TO TABLE**. Department: Food Science and Human Nutrition. College: Agricultural, Consumer & Environmental Sciences. Cost \$360.
- MEAT JUDGING & EVALUATION**. Department: Animal Sciences. College: Agricultural, Consumer & Environmental Sciences. Cost: \$310.
- SUSTAINABLE SUMMER**. Department: Natural Resources and Environmental Sciences. College: Agricultural, Consumer, and Environmental Sciences. Cost: \$310.
- MOLECULAR AND CELLULAR BIOLOGY**. School: Molecular & Cellular Biology. College: Liberal Arts & Sciences. Cost: \$385. No repeat students from last year.
- VETERINARY MEDICINE**. Graduate College: Veterinary Medicine. Cost: \$375. Open to youth who have completed 10<sup>th</sup> grade. No repeat students from last year.
- WORK HARD, PLAY HARD**. College: Applied Health Sciences. Cost: \$280.

**WE ARE UNSURE IF REGISTRATION WILL OPEN AS PLANNED— MORE INFORMATION TBA**

# 2019-nCoV: What the public should do

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

## What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. ([www.cdc.gov/ncov](http://www.cdc.gov/ncov))
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
  - » Avoid close contact with sick people.
  - » While sick, limit contact with others as much as possible.
  - » Stay home if you are sick.
  - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
  - » Clean and disinfect surfaces and objects that may be contaminated with germs.
  - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

## What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.





# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory viruses like 2019 novel coronavirus.

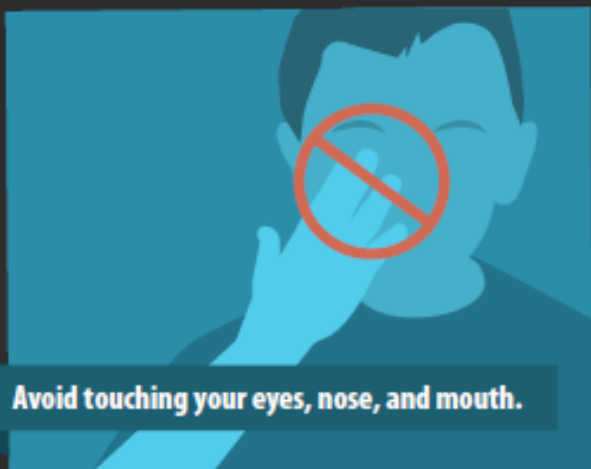
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



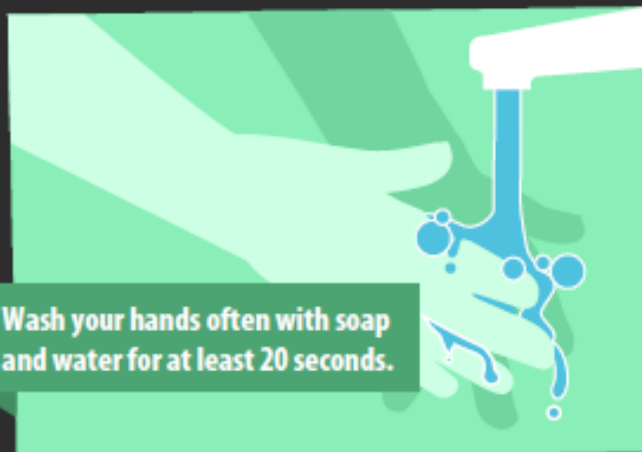
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)





## Dates to Remember

### March, 2020

13-14  
21 9 am-noon

Boys Science Siesta 4<sup>th</sup>-6<sup>th</sup> grade- Discovery Center @ Rockford, IL **CANCELLED**  
Sewing Clinic @ Elizabeth Community Building **CANCELLED**

### April, 2020

3-4  
6 6:30 pm  
10 8 am  
18 9 am- 3 pm  
22  
23 6:30 pm

Girls Science Siesta 4<sup>th</sup>-6<sup>th</sup> grade- Discovery Center @ Rockford, IL **CANCELLED**  
Federation Meeting- International Potluck @ Eliz. Comm. Bldg. **CANCELLED**  
4-H Fun Day @ CTE Academy, Elizabeth **CANCELLED**  
Camp Counselor Training- Stephenson Ext. Office, Freeport  
Stockton Library Program- Stockton, IL  
Leaders Meeting- location TBA

### May, 2020

3 3 pm  
4  
16 10-noon  
30-31 tentative

**Jo Daviess Co. Face-to-Face YQCA Training- Extension Office**  
Federation Meeting @ Extension Office- tentative  
Owl Club Meeting- Casper Bluff  
Overnight Camp Counselor Training- location TBA

### June, 2020

9 7 pm  
8-12  
13  
17  
19  
21-27  
27

Livestock Auction Committee Meeting- CTE Academy  
2020 4-H Camp @ Rock River Christian Camp- Polo, IL  
Owl Club- Horseshoe Mound  
JDC Babysitting Clinic- Elizabeth Community Building  
Stepheson Babysitting Clinic- Pearl City  
Summer Illini Academies @ U of I- Urbana Champaign  
Horse Clinic- Riding Center

May the luck  
**OF THE IRISH**  
BE WITH YOU!

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