

# Tuesday News



Tuesday News – September 1, 2020

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## FEATURES

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### **Council Recommendations Are Due By September 1!**

The deadline for sending Council Recommendations is approaching quickly! Recommendation Form proposing changes to the Washington State 4-H Program **MUST BE SUBMITTED NO LATER THAN SEPTEMBER 1** (Postmarked by September 1 or emailed to [adell@wsu.edu](mailto:adell@wsu.edu)).

The recommendation form can be found at: <https://pubs.extension.wsu.edu/washington-4h-council-recommendation-form> .

**Please remember, all forms MUST be signed by your County 4-H Council President and your 4-H Faculty/Staff.**

**Jana S. Ferris**  
Associate Professor  
Volunteer Specialist  
WSU Extension  
425-595-2950

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### **2020 Washington State 4-H Virtual Horse Judging Contest Registrations DUE TODAY!**

**Please note this reminder that registration information is needed for the Virtual State Horse Judging contest by September 1st.**

This is a virtual contest in partnership with Purdue University—as they have the platform for a virtual horse judging contest.

The actual contest is September 12th, but we need to know what members are participating so that we can send the member's name and email address to Purdue to enter into their system, and this takes some time to accomplish. Once the participant's name and email address is entered, the 4-H member will receive a link from Purdue – most likely on/about September 5th – for practice opportunities.

**The cost for the official contest is \$7.00 per member and each county is responsible for paying and sending a check payable to the Washington State 4-H Advisory Board ATTN: Jennifer Leach, WSU Equine Specialist, 1946 3rd Ave, Longview, WA 98632.**

**Payment is not due until September 12th. However, once the names are submitted to Purdue, there will be no refunds.**

The cost of this contest is self-sustaining (in other words there are no WSU funds available to cover the cost of the contest).

This information was also in 4-H Tuesday News last week including a fillable registration form ([link here](#)). If the fillable registration form is not working...please go ahead and send by email to the address below the following information by age group:

1. Name of 4-H member and email
2. Name of coach and email, if you have a county coach. If you don't that is ok...just put "none".

**A county qualifying contest is not required for entry.**

Please contact Jennifer Leach with any questions at [jleach@wsu.edu](mailto:jleach@wsu.edu).

Jennifer Leach, WSU 4-H Equine Specialist  
Pat Pehling, State 4-H Horse Judging Coordinator (Volunteer)  
Kim Baker, Snohomish County 4-H Program Coordinator

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## **IMPORTANT REMINDER Regarding WSU Extension Adult/Youth Interactions during COVID-19**

As we are all in communication via technology with youth at this time, I would like to take this opportunity to remind everyone of WSU Extension's policy on interactions. **Under this policy, AT NO TIME should one adult be meeting or communicating with youth WITHOUT the presence of another adult.** This policy pertains to Zoom conferences, telephone conversations, text messages, social media posts, etc. To facilitate communication, make certain to cc another adult on written communications, and invite another adult to be present during virtual meetings. The second adult is recommended to be a WSU volunteer; other adults can serve in this role if you're in a pinch.

**Jana S. Ferris**  
Associate Professor  
Volunteer Specialist, WSU Extension  
425-595-2950

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# ON WITH THE SHOW – THIS IS IT: TAKE TWO!! ZOOM'S GOT TALENT – WEDNESDAY, SEPTEMBER 2!

Please join us Wednesday night for a fun show, with talent from Pend Oreille, Pacific, King, Skagit, Snohomish, and Ferry Counties. Let's show our wonderful 4-H State Ambassadors our support!!



## Zoom's Got Talent!



**Contestants, family,  
friends, and others:**



We need a big audience to support our  
talent show and contestants! ZOOM  
"doors" open at 5:30 PM (Pacific) on  
~~Wednesday, 8/26~~

Due to technical difficulties we experienced last week we have  
set a new date!

September 2nd. We will also have 2 raffles, so please join us!  
<https://zoom.us/join>

Enter the ID: 83786155465

WSU Extension programs, employment, and volunteer service are available to all without discrimination (See WSU Executive Policy #15). Concerns regarding potential discrimination may be reported through your local Extension office or directly to the WSU Office of Civil Right Compliance & Investigation (CRCI), web: [crcl.wsu.edu](http://crcl.wsu.edu), email: [crcl@wsu.edu](mailto:crcl@wsu.edu), phone: 509-335-8288.

**You're Invited! The LAST Fireside Chat Hosted by Southeast Washington 4-H Advisory Board Members is Coming Up!**

  
**2020 FIRESIDE CHAT SERIES**  
HOSTED BY SOUTHEAST WA ADVISORY BOARD MEMBERS

1ST WEDNESDAY OF EACH MONTH AT 7PM  
PRE-REGISTER FOR ZOOM INFO  
[HTTPS://REBRAND.LY/FIRESIDECHAT2020](https://rebrand.ly/firesidechat2020)

**Conflict Management** **Sept 2nd**

**What topic would you like covered? Let us know in the post comments!**

1ST WEDNESDAY OF EACH MONTH AT 7PM  
PRE-REGISTER FOR ZOOM INFO  
[HTTPS://REBRAND.LY/FIRESIDECHAT2020](https://rebrand.ly/firesidechat2020)  


Join us for the last of a series of Fireside Chats this summer! Parents, leaders, and Extension personnel are welcome to join the host Southeast Washington 4-H Advisory Board members. Please pre-register to receive the Zoom link information at <https://rebrand.ly/firesidechat2020>.

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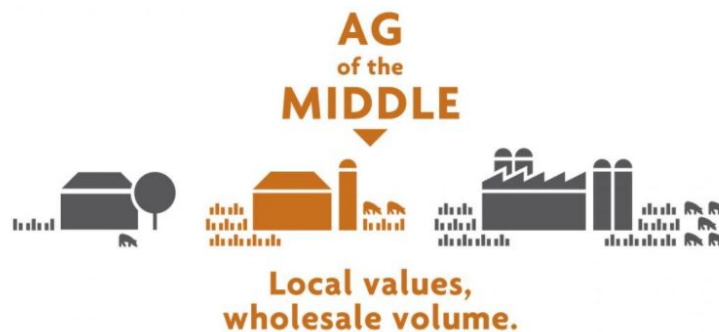
## 2020 Washington State 4-H Fair Board Positions Open! Apply Now!!

Tom Gwin, State 4-H Fair Manager, has shared a list of the open positions on the State 4-H Fair Board. A link to that list is [here](#).

Trustee Guidelines and Applications can be found on the State 4-H Fair website: <https://extension.wsu.edu/4h/fairs/state-4-h-fair/>

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## Ag Of The Middle Business Accelerator Cohort Now Forming!



Ecotrust is now accepting applications for the 2020-2022 Ag of the Middle Accelerator Program! To make this program accessible during the COVID-19 pandemic, we are going 100% virtual! This is a two-year, hands-on, capacity-building and business development program. It is designed to help cultivate a thriving cohort of mid-sized, independent farms, ranches, and fishing operations in the region that spans from Northern California, Oregon, Washington, and Alaska.

This business development program provides instruction from experts on subjects such as business structure, finance, taxation, accounting, credit, market development, food justice and more. Designed to fit the demands of the producers we serve; trainings and one-on-one technical assistance sessions are scheduled between December and March so producers can focus on their businesses during the busy growing season.

The goal is a modern-day “ag of the middle” sector that can supply regional markets with products raised in ways good for land, soil, water, people, and animals. Through this program, participants will have the opportunity to get dedicated, customized business support from an array of service providers who understand the unique needs of independent, smaller-scale producers who want to grow with integrity.

Interested in becoming a participant in the business accelerator program? Please complete the [program application](#) by October 2, 2020 and visit [our website](#) for more details.

An informational session will be held on **Monday, September 14, 2020** from **9-10 am** to answer your questions and provide an overview of the program. To attend the info session, [please register here by September 10th.](#)

**Application & Program Timeline:**

- **August 24th** – application period opens.
- **September 14th** – program info session (Webinar).
- **October 2nd** – application deadline.
- **October 16th** – announcements of application acceptance will commence.
- **December 1st** – program kickoff

If you have any questions about the program, or how to message the program to your network, please contact Tyson Rasor ([trasor@ecotrust.org](mailto:trasor@ecotrust.org) or 503-467-0783) or Yolimar Rivera Vázquez ([yolimar@ecotrust.org](mailto:yolimar@ecotrust.org) or 503-467-0819).

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## **You're Invited to the 2020 Poultry Institute!**

**2020 Poultry Institute**  
**Tuesday, October 27, 2020**  
**8 a.m. to 4 p.m. (PDT)**



The Avian Health and Food Safety Laboratory is excited to announce that the **2020 Poultry Institute** will be a web-based event. This conference is intended for veterinarians, veterinary technicians, and producers. We have an exciting group of speakers lined up, and a full schedule should be available shortly.

Registration opens **September 1** and will be **\$15 per person**. Continuing education credit has been approved for veterinarians and veterinary technicians.

**Questions?** Contact Dr. Laura Chen

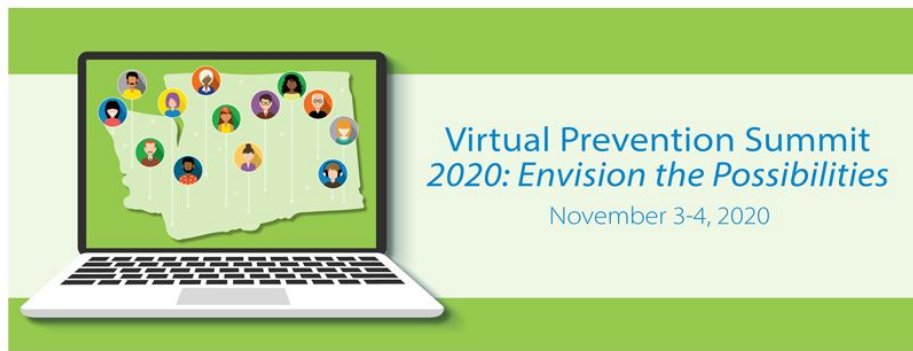
Email: [waddlahl@vetmed.wsu.edu](mailto:waddlahl@vetmed.wsu.edu)

Phone: 253-445-4537



**Veterinary Medicine Extension**

WASHINGTON STATE UNIVERSITY



## **Submit Your Community Video!**

Submission deadline: September 11, 2020

Send us a video telling us or showing us how you envision the possibilities for prevention in your community!

The first-ever virtual Prevention Summit will be held November 3-4, 2020. This year our theme is 2020: Envision the Possibilities. We are eager to reflect on the progress within our field and how we can access these important milestones to envision the possibilities for youth, families and communities through the lens of prevention.

Be sure to include the following elements in your video:

- Your name
- Coalition name or agency name
- Community/location
- The following prompt: *“When I/we envision the possibilities for prevention in our community, I/we imagine...”*
- Don’t forget to invite other community partners to join you!

Video files should be saved as .mov or mp4 and should be submitted to [fallon.baraga@hca.wa.gov](mailto:fallon.baraga@hca.wa.gov) with “Prevention Summit Video Clip” in the subject line.

Note: Please be sure that there is a local media release on file for all participants (youth and adult).

### **About the Summit**

The goal of the Prevention Summit is to provide an enriching and culturally competent training and networking opportunity for youth, volunteers and professionals working toward the prevention of substance abuse, violence and other destructive behaviors as well as integrating such prevention efforts with primary health care.

For more information, visit our website at [www.preventionsummit.org](http://www.preventionsummit.org)



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## The 2021 Sewing & Stitchery Expo Is Going Virtual!



### Join us from the comfort of your own home February 24-28!

The 2021 Sewing & Stitchery Expo is coming to you live – virtually, in your home or studio! In the interest of the health and safety of our attendees, vendors, teachers, and staff, we’re going virtual so you can shop, learn, and experience right from your sewing room!

We’ll miss seeing everyone in person, browsing our incredible vendor floor, snacking on scones, and all the amazing things that make Expo such a special event. This year, we’ll see your smiling faces online in our virtual classes, on the virtual vendor floor, and of course on the Free Stage!

We’ll have more information and details on classes, tickets, and our online platform soon, so mark your calendars now for the 2021 Virtual Sewing & Stitchery Expo. Bookmark us at [sewexpo.com](http://sewexpo.com) for easy access and follow us on your favorite social platform for updates.

**We’re here to help! If you have questions, please let us know.**

Email us at [sewexpo@wsu.edu](mailto:sewexpo@wsu.edu).

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## Washington State Junior Horse Show and Yakima County 4-H Showcase Present the 2020 Virtual Horse Show and Showcase



Washington State



Jr Horse Show  
4-H and Open Horse Show



The Washington State Junior Horse Show, in conjunction with The Yakima County 4-H Showcase, presents our 2020 Virtual Horse Show and Showcase!

We thank those from throughout Eastern Washington, who have given wholehearted interest and community support. Washington State Junior Horse Show, Inc., extends a hearty welcome to exhibitors, and friends to our 58th Annual Show. Washington State Junior Horse Show is sponsored by Washington State Junior Horse Show, Inc. and Washington State University

**Registration dates are August 10, 2020 through September 14, 2020**

Read the entire Washington State Junior Horse Show Statement letter by clicking [here](#). This letter includes information on classes offered, as well as contact information for questions.

Click on this link for the entry information:

<http://washingtonstatejrhorseshow.fairentry.com/>

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## **ALL Links to 4-H Virtual Showcase Judges Training Session Recordings are Now Available!**

Have you thought about becoming a judge for 4-H? Are you already a judge for 4-H? Have you been through the basics of judging for 4-H? Can you make a successful 4-H comment sandwich? We are looking for current 4-H judges and new volunteers who have subject matter knowledge who are willing to learn, judge, and interact with 4-H youth virtually.

We have a few class sessions (**now recorded**) that are for everyone – like “Technology Basics” and “Basics of Judging for 4-H” – then we move into subject matter sessions.

Below is the outline for dates/times (**recordings**) and short descriptions for the training sessions. We will be collecting registration/contact information from those who wish to participate and creating a list to share around the state. **Session 6 updates/times, as well as our final session, Session 7, which will be a round table discussion format – how to register for those zoom sessions is noted below.** To register/sign-up, please follow the directions below for each session you wish to participate in (**or follow the link for the recordings**). Once registered for those sessions that have breakout rooms, please e-mail Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with the subject line: Virtual Judges Training. In the body of the e-mail please list the sessions and subject matter/species/area of interest (this can be one e-mail if participating in multiple sessions). **Please register twelve (12) hours in advance of the first training you wish to participate in to receive the password for participation. Each session (or time) may have a different zoom address and password.**

## The Recorded Sessions

**Recorded! 1st Session for all participants – Technology Basics, Sat., July 18<sup>th</sup>, 10 AM-noon**

Recording Length – about 2 hours. The Link:

[https://wsu.zoom.us/rec/share/MBEIfu0250WZXk0x7ZB7IhM9vdaaa81nQb8\\_VZyRp0QTtT\\_TbKot\\_0i9oGq1K0?startTime=1595091927000](https://wsu.zoom.us/rec/share/MBEIfu0250WZXk0x7ZB7IhM9vdaaa81nQb8_VZyRp0QTtT_TbKot_0i9oGq1K0?startTime=1595091927000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual Judge” in the subject line.

**Recorded! 2nd Session for all participants – Basics of Judging for 4-H, Saturday, July 18<sup>th</sup>, 1 -3 PM**

Recording Length – about 2 hours. The Link:

<https://wsu.zoom.us/rec/share/69FpbJrz9VNOaInPx3j9Qu0dMdvMaaa80CIaqaEMy6Bmt7MAM9obwpl6jzxaadE?startTime=1595102805000>

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual Judge” in the subject line.

**Recorded! 3rd Session – Performance Animals, Sunday, July 19<sup>th</sup>, 1-3 PM (horse, dog, llama, goat-trail) – This meeting had breakout rooms!**

Recording Length – about 1 hour, 20 minutes. Includes general session and llama/goat breakout discussion (about the last 30 minutes)

<https://wsu.zoom.us/rec/share/3u1QMKH0tSRib8-K7hHQRcwP4rDX6a8h3IWqPYFyhLMDqJib6ioL7hMmFoe0mj?startTime=1595189439000>

Horse breakout discussion – This session was not recorded; the link to discussion document is [here](#).

Dog breakout discussion [https://emailwsu-my.sharepoint.com/personal/tracie\\_hanson\\_ws\\_u\\_edu/Documents/Attachments/zoom\\_0.mp4](https://emailwsu-my.sharepoint.com/personal/tracie_hanson_ws_u_edu/Documents/Attachments/zoom_0.mp4)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Recorded! 4th Session – Large Livestock, Sunday, July 19<sup>th</sup>, 3-5 PM (beef, sheep, swine, goat, dairy cattle)-**

Recording- about 1 hour and 40 minutes. All species stayed together for general discussion and more. The Link:

[https://wsu.zoom.us/rec/share/4It5Pena9WNIHImX5xH5dL4GMdXXaaa80CVNr\\_pfmk1uMjNAuL6a04RULo-Nv4sC?startTime=1595196394000](https://wsu.zoom.us/rec/share/4It5Pena9WNIHImX5xH5dL4GMdXXaaa80CVNr_pfmk1uMjNAuL6a04RULo-Nv4sC?startTime=1595196394000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Recorded! 5th Session – Small Animals, Tues., July 21st, 6-8 PM (poultry, rabbit, cavy, cat, pocket pet/world of small animals)-**

Recording – about 1 hour and 55 min., all species stayed together for general discussion and more.

[https://wsu.zoom.us/rec/share/w-gtK-3w2TNIU8\\_B9HD2SKALFbjFT6a803Ib\\_RYyD5mUbnP-9lsY2YJ4XITrwc?startTime=1595380031000](https://wsu.zoom.us/rec/share/w-gtK-3w2TNIU8_B9HD2SKALFbjFT6a803Ib_RYyD5mUbnP-9lsY2YJ4XITrwc?startTime=1595380031000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Recorded! 6th Plus Extended Sessions – Static Display items/Still life, Public Pres., Arts, Environmental, STEM, Textiles, Foods, EDU Posters, Activities, Contests and more! Saturday, July 25<sup>th</sup>, start time 10 AM-noon, and 1 PM -4 PM and order of presentations listed below**

**Session 6A part 1 – 10-11 AM, Foods – Preservation and single entries/ cooking contests/ activities**

**Session 6A part 2 11 AM- Noon, Textile Arts – needle arts, single entries, quilting and contests/activities**

Recording – about 2 hours, stayed together the entire time

[https://wsu.zoom.us/rec/share/5PR6NrLqy01IftKStFjmV68bG5n4T6a8hiFL\\_vFexU4JYyX09ovRmEEqzj-iE4F?startTime=1595696899000](https://wsu.zoom.us/rec/share/5PR6NrLqy01IftKStFjmV68bG5n4T6a8hiFL_vFexU4JYyX09ovRmEEqzj-iE4F?startTime=1595696899000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Session 6B Part 1 – 1-2 PM, Garden Science, Natural Resources, STEM, and Shooting Sports**

Recording – about 1 hour, stayed together the entire time

[https://wsu.zoom.us/rec/share/78hMA6\\_e2D1Jb6\\_d-GfiWYUKXd\\_IT6a81iRNq\\_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595707745000](https://wsu.zoom.us/rec/share/78hMA6_e2D1Jb6_d-GfiWYUKXd_IT6a81iRNq_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595707745000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Session 6B Part 2            2-3 PM, Educational displays/posters, Public Presentations/Demonstrations/General activities/Contests**

Recording – about 1 hour , stayed together the entire time

[https://wsu.zoom.us/rec/share/78hMA6\\_e2D1Jb6\\_d-GfiWYUKXd\\_JT6a81iRNq\\_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595711488000](https://wsu.zoom.us/rec/share/78hMA6_e2D1Jb6_d-GfiWYUKXd_JT6a81iRNq_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595711488000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Session 6B Part 3            3-4 PM, Expressive Arts – Photography/videography, Fine Art, Arts and Crafts**

Recording – about 1 hour and 15 min., stayed together the entire time

[https://wsu.zoom.us/rec/share/78hMA6\\_e2D1Jb6\\_d-GfiWYUKXd\\_JT6a81iRNq\\_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595715113000](https://wsu.zoom.us/rec/share/78hMA6_e2D1Jb6_d-GfiWYUKXd_JT6a81iRNq_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595715113000)

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at [pwatson@wsu.edu](mailto:pwatson@wsu.edu) with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

**Final Session, Session 7, optional – 4-H Virtual Judges Round Table – All speakers and participants my attend. Tuesday, Aug. 4<sup>th</sup>, 6-7:30 PM**

Recording – about 1 hour and 15 min., stayed together the entire time

<https://wsu.zoom.us/rec/share/wY9QCe3g8TtletbH0USCWp9-BdTYX6a82nId-PpYnhrbSoeAj4NDxqVGP-vz6Z0f?startTime=1596589810000>

Please share this training event far and wide as we invite experienced and new volunteers to train/re-train as judges as we all navigate our new virtual world of 4-H Shows!

Pam Watson, M.Ed.

WSU Lewis County Extension, 4-H

[pwatson@wsu.edu](mailto:pwatson@wsu.edu)

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## **Ferry County 4-H's Talon Callahan Participates in National 4-H Council's Opportunity4All Forum**

The proven impact of Cooperative Extension's 4-H positive youth development program in addressing the nation's opportunity gap was the focus of the Opportunity4All Forum on August 5, a one-hour virtual program produced by National 4-H Council. Highlights included youth perspectives on social justice and mental health. Extension, celebrity, corporate and foundation leaders shared their views and expertise on the action needed to create more opportunities for youth and communities. In addition, a powerful new white paper, Beyond the Gap, co-authored by Oregon State University Professor and Youth Development Specialist Mary Arnold, [is available here](#). Forum interest was high, with 1,142 registrants, including 657 Extension professionals. Click [here](#) for more information about the Opportunity4All Campaign.

**National 4-H Council's Opportunity4All Forum included our own Talon Callahan, from Ferry County. Watch the recording [here](#).**

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## COVID-19 RESOURCES

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### **National 4-H Council Shares Survey on COVID-19 Effects on Youth Mental Health and Loneliness**

A new survey commissioned by National 4 H Council, and conducted by the Harris Poll, finds that 7 in 10 teens are struggling with their mental health in the wake of COVID-19. More than half of those surveyed shared that the pandemic has increased their feelings of loneliness, with 64 percent believing it will have a lasting impact on their mental health. The survey, conducted in May 2020, is among the first to examine the impact this unprecedented public health crisis has had on U.S. teens. The aims of the survey are to help practitioners gain a deeper understanding of the state of teen mental health and to gather teen perspectives on the issue as 4-H aims to empower young people with the resources and support to address their health and well-being head on.

Read the full article at

<https://4-h.org/media/new-survey-finds-7-in-10-teens-are-struggling-with-mental-health/>

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### **WSU Extension 4-H Steps Up to State Of Washington Lieutenant Governor's Office's Mask Making Challenge!**



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#### WASHINGTON MASK CHALLENGE

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The State of Washington Lieutenant Governor's Office recently issued a Mask Making Challenge , and information went out about the challenge last week – but not in Tuesday News, unfortunately! WSU Extension Offices have been designated to act as distribution points for the Mask Kits (Which include enough fabric for 10 masks) and for them to advertise and recruit for this challenge.

A link to the information flyer distributed for the Mask Making Challenge is [here](#),

A link to the suggested instructions for making masks is [here](#).

Thank you for your support and efforts toward this project!

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## **Handout from WSDA Animal Services Livestock Inspection Program Addresses Brand Inspection Requirements for Cattle in Youth Market Sales**

The WSDA Animal Services Livestock Inspection Program has created a handout with regard to brand inspections required for cattle that change ownership as it pertains to 4-H kids/fairs.

The document can be found by [clicking here](#).

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## **WSDA Shares Update on Out-of-State Pigs Coming to Washington Due to COVID-19**

The Washington State Department of Agriculture, Animal Services Division has recently released a document regarding the increased importing of pigs to Washington due to COVID-19 related closures and production slowdowns. The document, titled “**What you should know about out-of-state pigs in Washington State**” is available by clicking [here](#).

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## **WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19**

The Washington State Department of Children, Youth and Families has created a resource for parents during COVID-19. The *WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19* was developed to help parents and their families navigate the pandemic and the days to follow. The publication is available at

[https://www.dcyf.wa.gov/sites/default/files/pubs/FS\\_0039.pdf](https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf).

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## **WSDA Shares Recommendations for Reducing COVID-19 Risk in Groups of People Caring for Groups of Animals**

The Washington State Department of Agriculture has recently made some recommendations regarding reducing COVID-19 risk in animal care. The documents are available by clicking on the title below:

[\*\*Cleaning and Disinfection Protocol\*\*](#)

[\*\*Caretaker Contact List\*\*](#)

[\*\*Group Livestock Care Instructions\*\*](#)

[\*\*Group Livestock Care Schedule\*\*](#)

[\*\*WSDA Group Care of Livestock\*\*](#)

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## Keeping Your Distance to Stay Safe

With the number of COVID-19 cases increasing every day, psychologists offer insights on how to separate yourself from others, while still getting the social support you need.

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

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### A Reminder: COVID-19 Resources Available from WSU Extension

The WSU Extension COVID-19 Updates and Resources page is updated as new information becomes available. The Link to the page is

<https://extension.wsu.edu/covid-19/>

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### Additional Equine Resources Added to Horse Project Page

Extension Horses COVID-19 Infographics for Equine Owners and Facilities have been added to the Horse Project page. They are located under the “Other Resources and Websites” link and are intended to provide general information.

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### Everyday Actions to Help Prevent the Spread of Respiratory Viruses

Here are everyday actions to help prevent the spread of respiratory viruses:

- 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 sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

A WSU hand-washing video can be accessed [here](#).

There's also this [link](#) to the Washington State Department of Health's "WashYourHandsingTon" web page.

WSU has established an informational website that is being frequently updated – it can be found [here](#). It has general information from the Center for Disease Control and the Washington State Department of Health.

**Because of differing levels of outbreaks and risk of exposure to covid-19 and the coronavirus in different communities, please refer to your local health department and your local County Extension Office for information applicable to your community.**

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