

# STRENGTHENING OKLAHOMA FAMILIES



## GARFIELD COUNTY EXTENSION

## Is takeout food safe during COVID-19 pandemic?

For several months, Oklahomans have been hunkered down in their homes as a safety precaution during the COVID-19 pandemic. While this extra time at home has prompted some to spend more time in the kitchen trying out new recipes, others have opted for takeout, curbside delivery or home delivery for their meals.

What safety precautions should you be taking in order to ensure your personal safety?

Christine Walters, Oklahoma State University Extension maternal and child nutrition assistant specialist, said takeout meals are a great option for many people.

“Although the restrictions are being lifted around the state and many restaurants have reopened their doors, the dining in experience still may not be a great idea for everyone, especially those with underlying health concerns,” Walters said. “However, there isn’t any current research to suggest COVID-19 can be transmitted by food or food packaging, and there haven’t been any reports of food transmission made to the Centers for Disease Control and Prevention, the Food and Drug Administration or the United States Department of Agriculture.”

Takeout and curbside food delivery is still a great option for many Oklahomans, not only for those with a



weakened immune system. It also helps support current recommendations for social distancing.

Walters did say that if food were to become contaminated with COVID-19, stomach acid, which is very acidic, would inactivate the virus.

“Because COVID-19 is a respiratory virus, it isn’t well-suited to infect the gastrointestinal system,” she said.

To help alleviate chances of cross contamination, many restaurants have instituted no-touch options, which further minimizes the risks. Once the food goes into the oven, it is not touched again by anyone other than the consumer.

“However, to further cut down on risk, it’s always best to wash your hands for at least 20 seconds with warm water and soap, or use hand sanitizer after handing food packaging from your takeout order,” Walters said.

Consumers also can continue to take advantage of

*(Continued on page 2)*

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home food delivery services from their local grocery stores. This will help eliminate coming into contact with crowds of people.

“Personal safety is the key message and we simply want people to know they have options for food and groceries that will help keep them safe,” Walters said.



As you may have heard, the Oklahoma State Fair has been cancelled for 2020. As of June 29, 2020 the



Garfield County Fair will be held. A final decision will be made at the next Garfield County Fair Board Meeting. We will keep the membership informed of any changes or updates.

## Census Bureau Completes Delivery of 2020 Census Materials to 96% of Households

JUNE 18, 2020 — Census workers have completed 96% of the 2020 Census “Update Leave” operation- where 2020 Census invitations and paper questionnaires are delivered to households in certain — often rural — areas across the country. In these areas, most households generally do not receive mail at their homes, so census workers drop off census materials in person. When the operation is complete, nearly every household nationwide will have received an invitation to participate in the 2020 Census either in the mail or from a census worker. As of June 18, 61.5% of households have responded to the census. The U.S. Census Bureau urges households to respond now by completing and mailing back the paper questionnaire, responding online at [2020census.gov](https://2020census.gov), or by phone at 844-330-2020 using the provided Census ID. Census workers are dropping off census materials at the front doors of roughly 6.8 million households nationwide, including Puerto Rico. Census workers began delivering materials on March 15 but suspended delivery on March 18 because of the COVID-19 pandemic. Census workers resumed delivery on May 4 as part of a phased restart of 2020 Census operations. In some areas of the country, the operation is complete, and in others it will be completed soon.

In addition to delivering census materials, census work-

ers also update the Census Bureau’s address list in these areas to ensure no living quarters were missed. This helps reach people in areas where the majority of households may not receive mail at their home’s physical location, such as small towns where mail is only delivered to post office boxes or areas affected by natural disasters.

Currently, nearly four out of 10 households have yet to respond to the 2020 Census, which is why the Census Bureau urges every household to complete it as soon as possible online, by phone or by mail. Households that do not respond to the invitation will be visited by a census taker during the Nonresponse Followup Operation. Your response shapes decisions about how public funds are spent for schools, fire and emergency services, and health care for your community. Results from the 2020 Census also determine how many seats each state receives in Congress and provide data for redrawing legislative districts.

If your household has not received an invitation in the mail or at your door, please respond online at [2020census.gov](https://2020census.gov) or by phone at 844-330-2020.

United States®  
**Census**  
**2020**

## Beware of COVID-19 contact tracing scams

By Trisha Gedon

STILLWATER, Okla. – As the novel coronavirus continues to make its way back and forth across the country, scams related to COVID-19 continue to multiply. Fake contact tracing has added to the growing list of ways to take advantage of people. Oklahoma has been seeing a spike in the number of cases of the virus as businesses begin to open up across the state, said Cindy Clampet, [Oklahoma State University Extension](#) assistant resource management specialist.

“One of the provisions of the federal CARES Act allows state health departments to hire what are called ‘contact tracers’ in an attempt to help slow the transmission of the virus,” Clampet said. “We have about 600 contact tracers in Oklahoma.”

A contact tracer will contact the person who has tested positive and ask about recent social contacts at work, travel and special events, as well as interactions with family and roommates. Clampet said the tracer will also gather information regarding the infected person’s health and symptoms, and in return, provide information on how to quarantine, socially distance and test further.

A legitimate tracer will not ask for any information that can be used for identity theft, such as social security numbers, bank account/routing numbers, insurance, credit card numbers, Medicare/Medicaid numbers, the ability to pay for testing/treatment or similar details.

“Unfortunately, as we’ve seen in the past, scammers already are coming out posing as contact tracers,” she said. “Because contact tracers will be around for the foreseeable future, it’s important for the public to know what the contract tracers can and cannot do.”

The first clue is that a real tracer is not allowed to give out information about the identities of other people.

“If you receive a call and the caller names the person you were exposed to, this is a clear sign the caller isn’t a legitimate contact tracer. These scammers also are using text messaging and email as means of contacting unsuspecting people,” she said.

A typical scam goes something like this: An online email suggests that someone who came in contact with you has tested positive for COVID-19, so you should self-isolate and get tested. Then the trap beckons: “Click here for more information.”

“Whatever you do, don’t click the link,” Clampet said. “It could download harmful malware onto your device that allows the scammer to access person and financial information that can be used to steal money and your identity.”

Another variation on the scam involves a smartphone app that provides information about the infection rate in the local area. The app promises an alert if you’re close to a person who is a positive carrier of COVID-19. “If you see an advertisement for this app or receive information via email, don’t download it. Any app you want to download on your phone should be done through your app store,” she said.

Those who receive what appear to be fraudulent email messages should simply delete them. Clampet also suggests:

- Use multifactor authentication which requires two or more credentials to login to your account.
- Enable auto-updates for your operating system.
- Back up data on personal devices regularly to avoid losing valuable information in case of malware or ransomware.

Other new scams people are now dealing with are false charity groups or individuals asking for donations for people hurt by riots or the economic shutdown. These may show up as a GoFundMe or other account which makes it easy to click and donate.

“Do your homework and research the group or person raising the money before clicking to donate,” Clampet said. “Even if the information on the site fits with your beliefs and values, the person who set it up could be a scammer looking to make a fast buck. It’s important to do your research.”

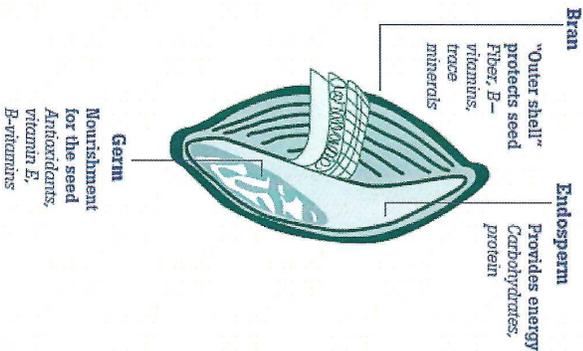
More [COVID-19 information](#) is available online from OSU Extension.

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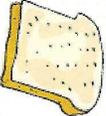
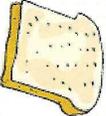
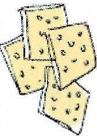
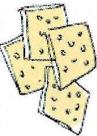
# Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

## Whole grain kernel



## Some Examples of Whole Grains:

- brown rice 
- buckwheat
- bulgur (cracked wheat)
- oatmeal 
- popcorn 
- whole-wheat cereal 
- muesli
- whole-grain barley 
- whole-grain cornmeal
- whole rye 
- whole-wheat bread
- whole-wheat crackers 
- whole-wheat pasta
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas
- wild rice
- whole cornmeal 
- shredded wheat cereal

### Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

Adapted from  
Team Up At Home Team Nutrition Activity Book



## OHCE News & Notes

### Garfield County OHCE Board Meeting



**Monday, August 3rd at 9 am**

The OHCE Board will meet 9 am, Monday August 3. Plans will be to meet in the Gazebo. Please bring your own food or drink and we will practice social distancing. Benches are available but feel free to bring a lawn chair if you wish.

#### OHCE Leader Lesson for August

The OHCE Leader Lesson for August will be presented Wednesday July 22 2 p.m. in the OSU Conference room. Our topic "Soft Skills -Time Management" will be presented by Lindy Hoel. Bring a friend or someone interested in joining OHCE. All lessons are open to the public. The room is set up for social distancing.

#### Garfield County Mask Totals

**As of June 29th, Garfield County has contributed 1725 homemade masks to the cause. If you have more not reported, please send to our board meeting or give the office a call.**

**THANK YOU FOR MAKING A DIFFERENCE!**

**OHCE members have made over 45,000 masks!**

### Barn Quilt

Two Barn Quilt Classes will be held in July. Classes will be limited to 10 at each session to practice social distancing.

Cost is \$25 and includes a primed 2x2 board, all paints and supplies. You may choose one of the patterns on site or bring one of your own.

Classes will be held July 29th from 2-8 p.m. or July 31st 10-4.

Drinks and snacks will be provided, but you may bring your own lunch or leave and return. Sign up by July 16th to reserve your spot.

**Garfield County  
OSU Extension  
Office will be closed  
Friday, July 3rd for  
the 4th of July  
Holiday.**



This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

**Joy Rhodes  
Extension Educator, FCS/4-H Youth Dev.**



**GARFIELD COUNTY  
EXTENSION**

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## Dates to Remember

*July* 



**GARFIELD COUNTY  
EXTENSION**

**Barn Quilt– July 29 and 31st— 10 am to 4 pm**

**Leader Lesson for Aug– July 22nd at 2 pm**

**Garfield County Fair– September 9-12th tentatively**

**OHCE Board Mtg– Monday, Aug. 3rd at 9 am**

