



Is takeout food safe during the 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 handling food packaging from your takeout order,” Walters said.

Consumers also can continue to take advantage of 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.

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In this issue...

Page 2:

Beware of COVID-19 Contact Tracing Scams

Page 3:

Sunscreen is a must year-round in order to protect skin

Page 4:

Cooking with Barbara Brown:—
“Potatoes, Peppers and Sausage Skillet”
“Roasted Potato and Cucumber Salad”

Pages 5:

New Extension Fact Sheets
Family and Consumer Science Programming

BEWARE OF COVID-19 CONTACT TRACING SCAMS

The public needs to be aware of the latest scam activity related to the COVID-19 pandemic. Fake contact tracers are contacting people who have tested positive for the coronavirus and are attempting to gain access to credit card numbers, bank accounts and even insurance information.



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.

Contact Tracing Scams, continued...

“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 at <https://extension.okstate.edu/coronavirus.html>.

Sunscreen is a must year-round in order to protect skin

Summer is officially here, and that means people will be spending more time in the great outdoors. To help ensure skin safety in the sun, it’s a good idea to be vigilant with sunscreen. With so many types available, choices are difficult.

And what do those numbers really mean? Smart sun-lovers know that sunscreen will help protect them and their families from sunburn and reduce the odds of skin cancer. How they use such products – in conjunction with other protective measures – makes a big difference, said Gina Peek, [Oklahoma State University Extension](#) housing and consumer specialist.

“Not only can a sunburn be painful, it also causes early skin aging,” Peek said. “Sunscreen is an effective tool we have to help keep our skin protected as long as it is used properly. One application before leaving the house to spend hours in the sun simply won’t cut it.”

Peek said research indicates sunscreen users overall still get sunburned frequently, which may be due to products not being used frequently enough, inadequate quantities, or applying and reapplying protection too late. Staying outdoors longer and not wearing protective clothing are key considerations as well, as is the time of day.

“The sun is stronger in the middle of the day compared to early morning and early evening hours. Your risk of sunburn is higher at mid-day,” she said. To help cut down the risk of exposure, a broad-spectrum sunscreen with a sun protective value of at least 15 should be used. The SPF value indicates the level of sunburn protection provided by the product; the larger the number, the stronger the shield.

It’s also important to follow directions on the package for correct application and how often the sunscreen should be reapplied. Typically, sunscreen should be reapplied at least every two hours, and more often for those who are in and out of the water or sweating.

Peek said enough sunscreen should be used to cover a person’s entire face and body. An average-



Cynthia Russell makes sure her daughter, Natalie, gets a good application of sunscreen before playing softball.

size person needs at least one ounce of sunscreen to do the job, which is about the amount needed to fill a shot glass.

Retail shelves are stocked with many sunscreen forms, including lotions, creams, sticks, gels, butters and sprays, all of which may have different application directions. The words, “broad spectrum,” on a label refer to chemicals that provide the widest range of protection from types of ultraviolet (UV) radiation.

“Remember to apply sunscreen to all exposed skin, including ears, nose, lips, back of the neck, hands and the tops of your feet,” she said. “Also, use it along the hairline, as well as areas of the head that are exposed by balding or thinning hair.”

Peek said people often have sunscreen leftover from the previous year. However, it is a good idea to check the label for an expiration date. Expired sunscreen should be thrown away because there is no assurance it is still a safe product to use.

In addition to using sunscreen appropriately, there are other sun-protective measures that can be taken. For example, wear lightweight, light-colored long-sleeved shirts, pants, sunglasses and wide-brimmed hats to minimize sun exposure. Consumers may think long sleeves during the summer would be uncomfortably warm, but modern light-weight materials can be quite comfortable.

“Families will be spending a lot of time together this summer, whether in the backyard, riding bikes, hiking or a variety of other activities,” Peek said. “Using sunscreen properly is just one way to help keep your family safe on all of their adventures.”

From the Kitchen of...

*“Cooking with
Barbara Brown”*



Potatoes, Peppers and Sausage Skillet

- 2 tablespoons vegetable oil
- 4 cups red potatoes, scrubbed, unpeeled and thinly sliced
- 1/4 teaspoon black pepper
- 7 to 8 ounces turkey kielbasa, kielbasa, or smoked sausage, cut in 1/4-inch thick slices
- 1 medium red onion, peeled and thinly sliced
- 1 clove garlic, minced
- 1 green bell pepper, chopped
- 2 tablespoons chopped green onions or snipped chives, optional

1. Heat a large skillet over medium-high heat. When pan is hot, add oil and butter. Heat until butter is melted, then add sliced potatoes. Spread potatoes to one layer as much as possible. Season with salt and pepper.
2. Cook potatoes until browned on one side with limited stirring, 6 to 7 minutes. Flip potatoes and continue cooking 4 to 5 minutes longer, until second side is browned. Remove potatoes from skillet and set aside.
3. Return skillet to the heat. Add sliced kielbasa and cook until both sides are browned, turning as needed, 4 to 6 minutes total.
4. Add sliced onion, garlic and chopped pepper and cook until the onions are tender and translucent, 4 to 5 minutes, stirring often.
5. Stir potatoes back into skillet and heat through. Taste and adjust seasoning if needed. Sprinkle with chopped green onions or chives if using. Serve. Serves 4.

Nutrition Facts	
Serving Size 1	
Servings Per Recipe: 1	
Amount Per Serving	
Calories 288	
% Daily Value *	
Total Fat 10g	16%
Saturated Fat 2g	9%
Cholesterol 56mg	19%
Sodium 518mg	22%
Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Protein 13g	
Potassium	27%
Calcium	3%
Iron	8%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

- 2 pounds small or medium red potatoes, scrubbed, dried and halved or quartered if large
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/3 cup mayonnaise
- 2 tablespoons red wine vinegar
- 2 teaspoons sugar
- 1 teaspoon Dijon mustard
- 1 teaspoon celery seeds
- 1 clove garlic, minced
- 1/4 cup olive oil
- 1/8 teaspoon crushed red pepper
- 1 teaspoon finely chopped fresh oregano
- 1 teaspoon minced fresh parsley
- 1 English cucumber, thinly sliced
- 1/2 cup thinly sliced red onion
- 1/2 cup chopped fresh parsley

Roasted Potato and Cucumber Salad



Nutrition Facts	
Serving Size 1	
Servings Per Recipe: 1	
Amount Per Serving	
Calories 208	
% Daily Value *	
Total Fat 15g	22%
Saturated Fat 2g	10%
Cholesterol 3mg	1%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Protein 3g	
Vitamin A	2%
Vitamin C	40%
Calcium	2%
Iron	6%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

1. Preheat oven to 425°F. On a large rimmed baking sheet or large bowl, toss potatoes with 2 tablespoons olive oil. Season with salt and pepper. Arrange potatoes on baking sheet in a single layer, cut side down. Roast on the bottom rack of the oven 30 minutes, or until potatoes are browned and tender. Allow to cool slightly.
2. While potatoes cool, whisk together mayonnaise, vinegar, sugar, mustard, celery seed and garlic in a large bowl. Gradually add and whisk in 1/4 cup oil. Stir in crushed red pepper, oregano and 1 teaspoon minced parsley.
3. If necessary, cut potatoes into bite-sized pieces. Add potatoes to bowl with dressing and stir gently. Add cucumber, red onion and remaining parsley and stir again. Serves 10.

New Extension Fact Sheets...



Adverse Childhood Experiences (ACEs) are events or conditions, such as childhood abuse, neglect, domestic violence and parent substance abuse, that occur before the age of 18. Oklahoma is one of the states with the highest number of children with ACEs. However, there are positive experiences that can reduce the effects of adversity and build resilience in children and teens. Oklahoma State University Extension faculty and staff compiled four new fact sheets on this topic. These include:

- T-2146 PACEs for Children: Overcoming Adversity and Building Resilience
- T-2147 How Parents Can Heal from Childhood Adversity: PACEs for Parents
- T-2148 The Impact of Adverse and Protective Childhood Experiences
- T-2149 Baby PACEs: Protecting Your Young Child Against Adversity

These new publications are available on the Print on Demand System at:

<http://osufacts.okstate.edu/docushare/dsweb/HomePage>

Okfuskee County Free Fair—Wednesday, September 9th—12th

Due to the COVID-19 Pandemic, there will be specific time and entry/release procedures (for example, specific entry/release times for communities). These times/procedures are subject to change. Contact the OSU Extension Office for more details.



FAMILY AND CONSUMER SCIENCES

Okfuskee County FCS Programming...

****Please note,**

the following programs and meetings may be held virtually in the next couple of months.

Please pre-register for the classes and meetings by calling the OSU Extension Center at 918-623-0641

or by emailing Jan Maples at janelle.maples@okstate.edu.

Meeting information will be emailed to you at that time. **

Tuesday, July 21st, 10 a.m.— Okfuskee County OHCE Executive Meeting

This will be held via Teleconference Call

County OHCE Executive Committee Members will conduct discussion and decision-making via teleconferencing methods. Agenda will be sent prior to the meeting.

Tuesday, July 21st, 9 a.m.— “Plan Your Own Funeral? How Thoughtful!” Program

The next lesson “Plan Your Own Funeral” How Thoughtful” will be presented via Zoom at 9 a.m. Links to the Zoom will be sent to OHCE members email addresses on file.

Tuesday, August 18th, 10 a.m.—Okfuskee County OHCE Executive Meeting

County OHCE Executive Committee Members will conduct discussion and decision-making via teleconferencing methods. Agenda will be sent prior to the meeting.

Tuesday, August 18th, 9 a.m.—”Physical Fitness for Older Citizens” Program

Delivery methods for this program is uncertain at this time. OHCE members will be contacted via email as to how they will receive the information.

Tuesday, July 7th and Tuesday, August 11th 12:30—4:30 p.m. — “Co-Parenting for Resilience”



Oklahoma State Extension Coronavirus Resources website:

<https://extension.okstate.edu/coronavirus.html>



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Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.



“Like (Follow, or Share)” our Okfuskee County Family & Consumer Science Facebook page!
**Okfuskee County OSU Extension FCS
or OkfuskeeOSUFCS**

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