

EXTENDING FRESH THOUGHTS

Prairie View A&M University Cooperative Extension Program Wharton County Family and Community Health Newsletter



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES



Cooperative Extension Program

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HAND SANITIZER DIY

Can't find any hand sanitizer in the store? NO PROBLEM! Follow our easy DIY Hand Sanitizer Recipe. Hand sanitizer is a quick and easy way to fight off germs. However, it should never replace hand washing.

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WELCOME TO THE INSIDE!

BY: KASHARA BELL-FCH EXTENSION AGENT

Hello Wharton County! These last couple of weeks has been very different to say the least. However, as a community we will get through COVID-19 pandemic safe and sound. Wharton County is so strong. The previous flood situations definitely taught us many survival techniques. This newsletter will help us all stay updated and connected to each other. Feel free to contact me if you have any questions, comments, or general concerns. Please stay safe and remain inside as much as possible. Below is a quick hand washing refresher to help us fight off germs. Have a great day!

FIGHT GERMS BY WASHING YOUR HANDS!

INSIDE ACTIVITY

Enjoy a free handwashing coloring page for your family to do while on the inside!

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COUNTY UPDATES

PUBLIC NOTICE: COURTHOUSE OFFICE ACCESSIBILITY Effective this Thursday, March 26th and lasting until further notice.... due to the COVID-19 virus issue, ALL WHARTON COUNTY GOVERNMENT AND JUDICIAL OFFICES, including the COUNTY AND DISTRICT CLERKS, COUNTY, TAX COLLECTION/AUTO REGISTRATION, JUVENILE PROBATION, ELECTION ADMINISTRATION, EXTENSION AGENT, AUDITOR, and TREASURER OFFICES WILL BE OPEN BY APPOINTMENT ONLY.



1 Wet hands



2 Soap



3 Lather - 20 sec



4 Rinse - 10 sec



5 Dry hands



6 Turn off tap



HAND SANITIZER DIY RECIPE

Ingredients:

- 2/3 cup 70% or 99% rubbing alcohol
- 1/3 cup aloe vera gel
- 4 drops of essential oil (optional)

Items Needed:

- 4-6 two-ounce squeeze bottles

Directions:

Add the rubbing alcohol, aloe vera gel, and your choice of essential oil to a small bowl. Mix well. Use a funnel to divide the hand sanitizer between the bottles.

