



Team Bladen

June 2020

COVID-19 Information and Useful Websites

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Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

FACT

1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT

2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT

4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT

5

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

If you would like to find more information (and the most up-to-date information) about COVID-19, you can visit <https://covid19.ncdhhs.gov/> or <https://www.cdc.gov/coronavirus/2019-ncov/index.html> . Also, for local information related to COVID-19 please follow Bladen County Health and Humans Services Agency on Facebook.

Steps to Health 4th Grade - East Arcadia Elementary School Grows a Garden!

Did you know that less than half of adults meet the minimum recommendations for physical activity, 42.3% consume fruit less than one time daily, and 22.4% consume vegetables less than once a day? Did you know that children are following closely in their footsteps, with only 1 in 4 eating recommended amounts of fruits and vegetables and almost half spending more than 2 hours watching television every day? As a result, obesity and related chronic diseases are prevalent. North Carolina ranks 13th in the nation for obesity and 18th and 11th highest for diabetes and hypertension, respectively.

To help address these concerns a variety of education opportunities are delivered in Bladen County through a program called **Steps to Health**. One specific educational program delivered in our county is called *Steps to Health 4th Grade*.

Steps to Health 4th Grade seeks to inspire students to plant, grow, and try a variety of vegetables in a school garden setting while learning about nutrition and physical activity. Students participated in classroom-based lessons, taste tests, physical activity, and hands-on garden experiences. This school year, this program was provided to 4th Grade students at East Arcadia Elementary School.



Unfortunately, the week after students planted their seeds in the garden, students were sent home out of precaution to growing Coronavirus concerns - but the learning process didn't stop! NC Cooperative Extension – Bladen County staff and East Arcadia Elementary School staff worked in partnership to keep the school garden and the learning opportunities going! Video footage was taken of the garden every two to three weeks, compiled into a short video, and shared with 4th Grade students through their virtual learning platform – allowing them the opportunity to see their garden grow from small seedlings to harvest! Students were able to watch the growth and harvest of carrots, green leaf lettuce, kohlrabi and radishes!



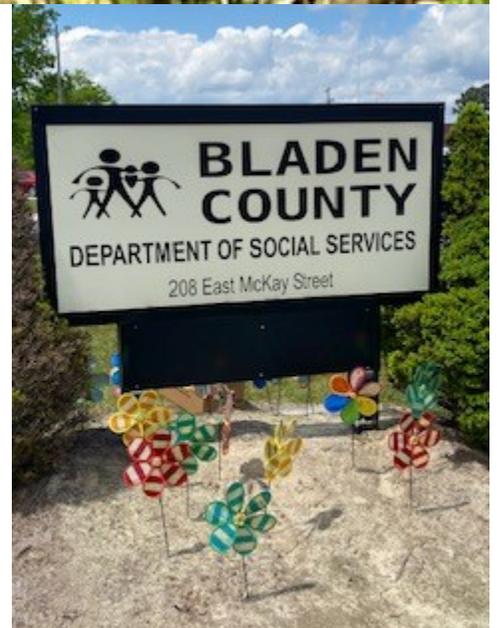
If you would like to take a look at the school garden and some of the classroom activities students participated in, you can view the last garden update video at https://go.ncsu.edu//east_arcadia_garden_update_4.



As of June 10, Bladen County's self-response rate had only gone up by .2% since this graphic was made. As of June 4, Bladen County self-response rate was ranked 86 out of North Carolina's 100 counties. Encourage all of your friends and family to do their part and complete the census. It can be completed online at 2020census.gov, over the phone at 1-844-330-2020, or by mail. You can also like Bladen Be Counted's Facebook page for periodic updates and promotional posts! Please help us spread the word! The census is easy, safe and important.



Child Abuse Awareness Month is recognized annually in April. Due to COVID-19 the activities normally held on the last Saturday of April were cancelled. One part of the event, the Butterfly Release was still held on April 24 on the front lawn of Bladen DSS while staff practiced social distancing. The Butterfly Release is a recognition of the children that lost their lives due to severe neglect and or abuse across the state. The Butterflies were donated by Families First.



NC Cooperative Extension Service's Family and Consumer Sciences Programs in both Bladen and Cumberland County are known for their face-to-face classes focusing on preserving and preparing healthy foods. During these classes, participants are provided research-based information and the opportunity to learn through a hands-on approach. During the last few months of social distancing and limited face-to-face programming, the Family and Consumer Sciences agents in Cumberland and Bladen Counties wanted to reach out to those in their communities by way of virtual learning. As a result, **Tasty Tuesday at Home Edition** was created. On the last Tuesday of each month, Tasty Tuesday participants will receive a pre-recorded demonstration video on preparing healthy recipes, cooking tips, techniques and nutrition topics directly to their email!

Are you interested in participating in this FREE virtual, self-paced learning opportunity? Register at https://go.ncsu.edu/tasty_tuesday to receive monthly **Tasty Tuesday at Home Edition** video demonstrations, recipes and additional resources!



Follow the Bladen County Public Library on Facebook for access to the online programming (including our current Books Make It Better online episodes) and for more information about the program.

If you have any submissions for the next edition of *Team Bladen*, please submit them to kedwards@bladenco.org. The next edition will be released in September 2020. All submissions are due by August 15, 2020.