

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

Campfire magic

BY JOEY BARNARD

Interim Camp Specialist for 4-H Youth Development

Campfires at summer camp are a time for gathering and reflecting on the events of the day. They are a time to sing songs, tell stories, eat s'mores, and share in meaningful moments. Backyard campfires can be a great time for families to spend time together while remaining "Healthy at Home."

Adults should always supervise campfires closely, and we always recommend a 6-foot buffer for youths. With the use of a few, safe household items, you can turn backyard campfires into a magical experience for kids and parents. Adding 1/2 cup of the following items to your campfire can change the color of the flames: water softener salt = purple flames, table salt = deep orange flames, and Epsom salt = white flames. Adding a pinch of flour or powdered coffee creamer to your campfire will make the flames flare up, and adding a pinch of sugar will create sparks and little crackles.

Adults should add these items using a metal spoon or ladle. Participate at your own risk, and enjoy the magic.



Government agencies and companies you do business with will not ask for personal information.

Protect yourself from COVID-19 scams

BY KELLY MAY

Senior Extension Associate for Family Finance and Resource Management

Scammers will take advantage of any news story to come up with a scam to steal your information or money. Consumer protection agencies are reporting COVID-19 scams. Here are some ways to protect yourself.

- **Tip 1: Don't wire money or send a gift card to a stranger.** Scammers might pretend to be the U.S. Treasury or IRS. They will claim to need your information or a payment to send your stimulus check or business grant. This money will be direct deposited to your bank account. Check irs.gov/coronavirus if you have questions.
- **Tip 2: Beware online scams.** Some companies are selling products they claim will treat or prevent coronavirus. The companies do not provide evidence as the law requires. Also, watch out for advance fee scams in which a scammer offers to run errands. The scammer takes the list and the money but doesn't return. Another scam involves fake COVID-19 testing sites. Online purchase scams connected to cleaning and household supplies and medical protective equipment never deliver the purchased products.



- **Tip 3: Avoid clicking links in emails and texts, and don't share your personal information.** This will protect you from phishing. Phishing is an attempt to trick you by sending a fake email or text, or using a copycat website. Some of these false messages want you to click a box that downloads viruses or malware onto your device. Scammers are impersonating the World Health Organization or Centers for Disease Control and Prevention. Other phishing attempts will ask you to provide personal information. Government agencies and companies you do business with will not ask for personal information.
- **Tip 4: Hang up on robo calls.** Recordings and hired staff are now calling about fake tests, small

business listings, Social Security checks, insurance, work-at-home, and more. Don't press any numbers or share any information.

OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/protect-yourself-from-scams.pdf>

PLACES YOU CAN REPORT SCAMS:

- **FTC:** <https://www.ftccomplaintassistant.gov> or spam@uce.gov
- **FBI:** <https://www.ic3.gov>
- **Kentucky Attorney General:** (888) 432-9257
- **Sign up for scam alerts:** Text KYOAG Scam to GOV311 (468311)

Move more

BY ISAAC HILPP

4-H Youth Development Specialist

With the majority of Kentuckians at home, young people may be getting more screen time and less physical activity. Exercise helps young people build healthy bones and muscles and cardiovascular fitness.

The U.S. Department of Health and Human Services recommends children between the ages of 6 and 17 get 60 minutes of moderate to vigorous aerobic physical activity each day. At least three days a week, the activity should be more vigorous. Physical activity should strengthen bones and muscles at least three times a week. This might seem like a lot, but you don't have to do the activity all at once. You can spread it over four 15-minute sessions or six 10-minute activities.

Try riding bikes, playing on swing sets, doing cartwheels or other gymnastics, running, any kind of sport, or vigorous dancing. Parents may appreciate that kids can also get physical activity by doing house and yard work. Games such as tug-o-war, climbing on home playground equipment, gymnastics, and yoga strengthen muscles. Jumping rope, hopping, skipping, running, gymnastics, and any sport, like basketball, that requires a quick change of direction help strengthen bones.

Let your 4-H'ers brainstorm ways to get moving. Have them list the type of exercise, duration, equipment needed, and directions for completing the activity. They may want to draw a picture of their new activity.

Another movement activity is to have kids act out their math

homework. For example, "Take 3 steps in place, 2 times. How many steps did you take?" or "Hop up and down 10 minus 3 times." Putting math in real-world contexts may help young people better understand concepts. Some studies suggest that adding movement to learning helps kids learn better.

OTHER RESOURCES

Fun indoor activities for your children (article):

<https://fcs-hes.ca.uky.edu/files/fun-indoor-activities-for-your-children.pdf>

Workout from home (video):

<https://youtu.be/lgtG62tEMbU>

FitBlue #TeamKentucky Challenge (video):

https://youtu.be/_lu2YlIOvF0

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