

WTNS Radio OSU Extension Update for April 6, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about food safety and our weekly virtual program, "Kids in the Kitchen."

I have had a few questions in the past couple of weeks about COVID-19 and food safety. Our OSU Extension Food Safety Specialist Sanja Ilic recently published a very helpful article with answers to common questions. You can find her full article as well as links to other COVID-19 food safety resources at our website coshocton.osu.edu.

Here is some helpful information from Ilic. "It is important to remember that COVID-19 is not a foodborne disease. The Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), and the U.S. Department of Agriculture (USDA) are not aware of any reports suggesting COVID-19 can be transmitted by food or food packaging. Coronavirus is not a gastrointestinal illness and cannot be contracted by ingesting contaminated foods. It cannot multiply on foods. Like any virus, it requires host cells to multiply. COVID-19 attacks lung cells."

Another popular question is what to do about cleaning surfaces. Ilic reminds us that "Viruses cannot multiply on inanimate surfaces; they require a living host to multiply. However, a recent study found coronaviruses can persist and remain infectious for several hours up to several days on inanimate surfaces. So, it is important to clean and sanitize surfaces."

The research she was referring to was conducted in Germany and published in the *Journal of Hospital Infection* in February 2020. Since then National Institutes of Health researchers have also studied how long the virus survives in the air and on surfaces. They mimicked how viruses are spread by an infected person onto everyday surfaces in a household or hospital setting, through coughing or touching objects.

The scientists tested the viruses on plastic, stainless steel, copper, and cardboard. They also used a technique to suspend the virus in aerosols, a mist of tiny droplets, to determine if the virus could linger in the air. The virus that causes COVID-19 remained active on plastic and stainless-steel surfaces for two to three days under the conditions in this experiment. It remained

infectious for up to 24 hours on cardboard and four hours on copper. The virus was detectable in aerosols for up to three hours.

Now these are controlled laboratory conditions, so these times will vary under real-world conditions, depending on all kinds of factors including temperature, humidity, ventilation, and the amount of virus deposited.

I always remind folks that you cannot sanitize a dirty surface, so be sure to clean surfaces well with soap and water before using a sanitizer. Be certain to follow all label instructions for commercial disinfectants, whether liquids, sprays or wipes. One important step for sanitizing is to be sure to let the surface air dry.

For three weeks now, my children Nathan and Julia, have been helping me to teach “Kids in the Kitchen.” This is a half hour, weekly, live broadcast cooking show dedicated to all families adjusting to this new normal of working and schooling together at home. We air our program at 11:00 AM on Thursdays via Facebook Live.

So far we’ve made Carrot Cake Pancakes with Maple Cream Cheese Topping, Creamy Peanut Butter Fruit Dip, White Chicken Chili, Double Corn Bread, and two microwave recipes: Omelet in a Mug and Chocolate Mug Cake. This week we’ll be making recipes to celebrate Easter including Orange Creamsicle Fluff and Resurrection Rolls.

There are a few ways that you can watch our show. If you want to watch us live on Facebook, the best way to get a notification is to like our Facebook page, “OSU Extension Coshocton County.” You can also visit our Facebook page and watch recorded episodes any time. And if you are not a Facebook person, no worries. Just head to our website, coshocton.osu.edu, and you can watch all our videos and get all our recipes. No matter which way you choose, we would love to have you join us virtually in our kitchen.

Remember: Call friends and family to check-in on how they are doing. Get outside and enjoy the sunshine. Take a walk or do some yardwork. Keep cooking. Keep cleaning. Keep learning. Keep living.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!