

UC ANR has been carefully monitoring the COVID-19 outbreak in these unprecedented circumstances. We are all being asked to do what we can to slow the spread of the virus.

**All ANR-hosted in-person meetings, including 4-H club or project meeting, etc., are canceled until April 3, 2020 and may be extended.**

This week our office is transitioning to working from home to ensure Social Distancing to help slow the spread of the virus. You can best reach me by email at [ismckinney@ucanr.edu](mailto:ismckinney@ucanr.edu). I will return your email as soon as possible. Also, watch the Kern County 4-H Facebook page for other information and updates.

In lieu of meetings there are a few ways to provide instruction to your members. As an example the American Rabbit Breeders Association ([arba.net](http://arba.net)) has information about every rabbit breed with links to the clubs associated with each breed. Here is a link to the Dutch Rabbit Club <http://www.dutchrabbit.com/aboutthebreed/aboutthebreed.html>. These sites have a multitude of information. Your members could create a report to turn in and get credit for some time that they missed. So please be creative in how your members can make the best use of their time and make progress towards completing their 6 hours of instruction, and make sure they add this to their record books.

Next week our scheduled Council Meeting will be held using technology and will not be in person. Stay tuned for further information about this.

Presentation Day was scheduled for April 18. At this point I only have one person signed up. I am working on a way that we can do this remotely too. Wait for more information on this.

**Everyone should follow the recommendations for preventive care and share these with others.**

- Wash your hands frequently with soap and water for a minimum of 20 seconds, or, as an alternative, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.  
Stay home if you are sick and avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, throw the tissue in the trash and wash your hands.

As always, get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food and vitamins!