



Snohomish County

4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION



Snohomish County

CloverGram

May 13, 2022

New Stuff:

Avian Influenza!

WA State veterinarian Dr. Amber Itle held a Q&A this week, which you can [watch on YouTube here](#). Other resources she provided:

WSDA Sick Bird hotline: 1-800-606-3056

Report wild sick/dead birds: <http://bit.ly/sickwildbirds>

[Washington Bird Flu Updates 2022 | Facebook](#)

[WSDA News Releases-](#)

[2022 Washington Bird Flu Detections](#)

[2022 Confirmations of Highly Pathogenic Avian Influenza in Commercial and Backyard Flocks](#)

[2022 Detections of Highly Pathogenic Avian Influenza in Wild Birds](#)



New Guidance Tool for COVID Exposures, Symptoms, and Tests

Tested positive for COVID? Been exposed to someone with COVID? Have cold/flu symptoms and don't know what the right thing is to do? WSU has you covered! They have turned the CDC's guidance into an easy Qualtrics tool that shows you what to do. Find it here:

https://wsu.co1.qualtrics.com/jfe/form/SV_eWcZzBDONJaMNo

Super Saturday CANCELLED

Unfortunately, due to low enrollment, Super Saturday will not be happening this weekend. If there is a workshop you would like to offer next time, please let us know!

Change to the Outstanding Volunteer Patch

The 4-H Council voted this week to eliminate the requirement that a 4-H volunteer already have received the Jacket Award in order to be nominated for the Outstanding Volunteer Patch award. [Nominate a Volunteer!](#)

May is Mental Health Awareness Month (A message from our unit director)

If you have seen the headlines about youth mental health, you already know this is a crisis. (If you didn't, here's a recent story: <https://www.pewresearch.org/fact-tank/2022/04/25/in-cdc-survey-37-of-u-s-high-school-students-report-regular-mental-health-struggles-during-covid-19/>). Below are some resources, but I would urge you to take a few seconds today to text someone you know and let them know you appreciate them.

- o American Foundation for Suicide Prevention on helping a friend via text: <https://afsp.org/story/helping-a-friend-via-text-tips-from-crisis-text-line>
- o National Alliance on Mental Illness: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
- o Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/programs/mental-health-awareness-month>
- o National Suicide Prevention Hotline: 1-800-273-8255

Snohomish County 4-H offers both 2-hour and 8-hr **suicide prevention training** at no cost. Adult groups outside of 4-H can also request these trainings. Contact Ashley at a.hernandez-hall@wsu.edu or (425) 521-0357.

Past CloverGram newsletters can be found at <https://extension.wsu.edu/snohomish/4h/resources/>