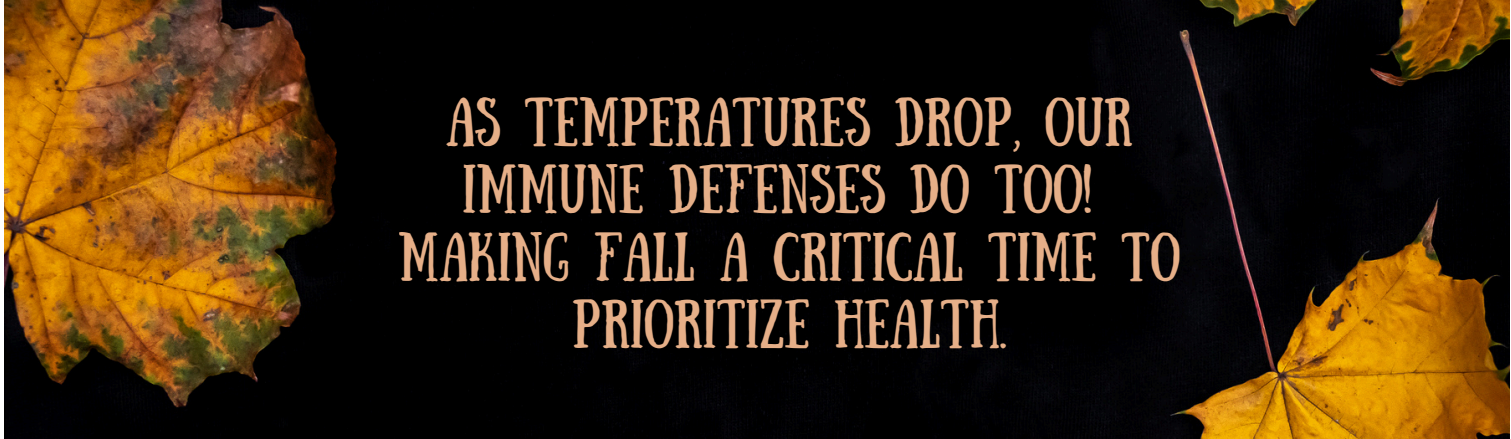


Whatever Hits You At..

THE HOMEFRONT

OCTOBER 2025

RANDALL COUNTY AGRILIFE EXTENSION SERVICE
FAMILY AND COMMUNITY HEALTH



AS TEMPERATURES DROP, OUR
IMMUNE DEFENSES DO TOO!
MAKING FALL A CRITICAL TIME TO
PRIORITIZE HEALTH.

Create a Healthy Eating Pattern

A balanced diet, including all five food groups, is crucial for youth because it provides the essential nutrients needed for healthy growth, development, and overall well-being.

Nutrition is the key function in building an immune system, hormone production, and supporting cognitive function. Nutrition is the the most influential factor for developing bodies.



Health Trends

Here are the top three vitamins that play a powerful role in supporting immune health:



1. Vitamin C is a potent antioxidant that helps protect immune cells from damage and enhances their ability to fight off infections.
2. Vitamin D, while technically a hormone, it is a key immunomodulator that helps regulate both innate and adaptive immune responses.
3. Vitamin B6 supports biochemical reactions in the immune system and is essential for producing white blood cells and T cells.

Tips for managing symptoms at home:



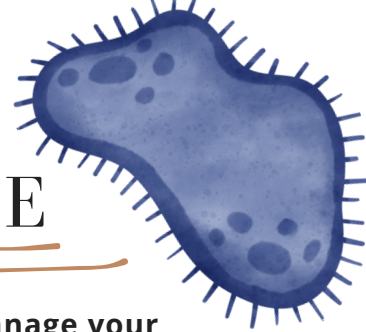
- **Rest:** No matter which virus you have, your body needs rest to recover. Take it easy, and don't try to push through.
- **Stay hydrated:** Drink plenty of fluids, especially water, tea and broth. Staying hydrated helps thin mucus and prevents dehydration, especially if you have a fever.
- **Use over-the-counter medications:** Medications like ibuprofen or acetaminophen can help with fever and aches, while decongestants and saline sprays can ease nasal congestion.
- **Use a humidifier:** Using a humidifier can add moisture to the air, which helps relieve congestion and soothe a dry throat or cough.

When to see a Doctor:

- **Cold:** symptoms last longer than 10 days, or if you develop a high fever, ear pain or sinus pain, it could indicate a secondary infection.
- **Flu:** experiencing shortness of breath, chest pain, persistent high fever or confusion. The flu can also lead to complications like pneumonia, so don't hesitate to call your doctor if your symptoms worsen.

Protect Your Family this Season

KNOW THE DIFFERENCE



Knowing the difference is important because it can help you manage your symptoms more effectively and avoid spreading the illness to others.

COLD

Generally feeling a bit off. Colds typically come on slowly, and the symptoms are relatively mild.

Colds almost always involve nasal congestion or a runny nose.

Common cold symptoms include:

- Runny or stuffy nose
- Sore throat
- Sneezing
- Cough
- Mild fatigue
- Low-grade fever (rare in adults but more common in kids)

A cold is typically more of a nuisance than a serious health issue. You might feel under the weather for a few days to a week, but you should be able to go about your day normally, albeit with tissues in hand.



FLU

Now, if you wake up one morning feeling like you've been hit by a truck, chances are you're dealing with the flu. Unlike a cold, the flu tends to hit suddenly and strongly.

Common flu symptoms include:

- Sudden high fever (usually over 100.4°F or 38°C)
- Chills and body aches
- Headache
- Sore throat
- Dry, persistent cough
- Fatigue (often severe)
- Occasional runny or stuffy nose

The biggest difference between the flu and a cold is the intensity. With the flu, you're likely to feel much worse and experience more significant fatigue. Fever is also a common flu symptom, whereas it's rare in adults with a cold.

Flu symptoms tend to last about a week, but it can take longer to fully recover and get over the lingering fatigue.

RSV

For most healthy adults, RSV causes mild, cold-like symptoms. However, in certain cases—especially in infants and young children, as well as older adults—RSV can lead to more serious respiratory problems, such as bronchiolitis or pneumonia. Common RSV symptoms include:

- Runny nose (often with copious nasal secretions)
- Decreased appetite
- Cough (which may progress to wheezing)
- Sneezing
- Fever
- Trouble breathing (especially in infants or older adults)
- Bluish color around lips (in severe cases)

For most healthy adults, RSV might just feel like a bad cold, but it's important to watch out for signs of breathing difficulty. RSV usually peaks around day 3-5 of the illness. In infants, RSV can lead to severe respiratory distress, so if you notice your child having difficulty breathing, breathing very rapidly or wheezing, it's important to seek medical attention right away.

CONNECT WITH US

FOLLOW RANDALL COUNTY FAMILY & COMMUNITY HEALTH ON SOCIAL MEDIA ALONG WITH OTHER AGRILIFE EXTENSION OUTLETS

[Click The Icon](#)





Happening Now at...

THE HOMEFRONT

IN RANDALL COUNTY

FOOD HANDLERS - ONLINE CERTIFICATION

Language: English

Cost: \$15

Course Description:

This food handlers certification course, accredited with the Texas Department of State Health Services (DSHS), will allow food service employees, cottage food business operators, or others to meet the requirement of having a food handler or food safety course. Participants will learn basic food safety practices for the preparation of food and can print a food handlers card.

Register & Complete Course Online Here:

<https://agrilifelearn.tamu.edu/s/product/food-handlers-certification/01t4x000002ciQIAA>



COOKING WELL WITH FRIENDS

Language: English

Cost: \$20

Course Description:

Cooking Well with Friends is a four-lesson workshop that provides you with the knowledge and skills required to safely and effectively plan, prepare, freeze and cook healthy meals. This course is aimed at reaching active families to make mealtime easier by preparing healthy meals to freeze and keep on hand!

Register & Complete Course Online Here:

<https://agrilifelearn.tamu.edu/s/product/cooking-well-with-friends/01t4x000002ciNFAA>



IN THE KITCHEN

SAUSAGE & BROCCOLI STUFFED SPAGHETTI SQUASH

Ingredients:

Spaghetti squash

- 2 medium spaghetti squash
- 2 tablespoons olive oil
- salt and pepper

Stuffing

- 16 oz spicy Italian sausage crumbled
- 10 oz broccoli florets about 4 or 5 cups
- 6 oz cheddar cheese shredded

Directions:

1. Preheat oven to 400 Fahrenheit.
2. Microwave squash for 5 or 10 minutes to soften the hard skin (make several large slits in the squash before microwaving), then cut each squash in half and scrape the seeds and fiber out.
3. Drizzle olive oil over the cut sides and inside of the squash. Generously season with salt and pepper.
4. Place the 4 squash halves on the prepared baking sheet, cut-sides down.
5. Roast for about 30 or 40 minutes on the middle rack. Remove it from the oven when it's cooked through and soft.

Prepare broccoli

1. Bring a small saucepan with water to a boil. Add chopped broccoli florets and blanch them for about 4 minutes. Drain well.

Cook sausage

1. In a large skillet on medium heat, add sausage and cook thoroughly into crumbles. Add blanched broccoli to the sausage and mix.

How to stuff spaghetti squash

1. After roasting, remove squash from the oven and turn the cooked halves cut sides up. Let them cool slightly.
2. Divide the sausage and broccoli mixture among the 4 halves and stuff the squash until the mixture is leveled. Top with shredded cheddar cheese.
3. Roast the stuffed spaghetti squash in the oven at 400 F for 10 or 15 more minutes until the cheese melts.





Happening Now at...

THE HOMEFRONT

IN RANDALL COUNTY



The Family & Community Health unit was designed to improve the overall health and wellness of individuals, families, and communities. Our purpose is connecting with the community and helping integrate sustainable practices in everyday life.

FROM THE AGENT..

As the leaves turn and the air gets crisp, October is a gentle reminder to enjoy the outdoors while we still can. Whether it's a weekend walk, a backyard picnic, or a visit to the farmers market before it wraps up for the season, these moments offer more than fresh air—they're chances to connect as a family. Nature has a way of slowing us down and bringing us together. So bundle up, grab a cozy blanket, and make time for simple outdoor joys before the chill sets in. Let's make wellness a family affair this fall!

Chelsey Rash



TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

Chelsey Rash

Randall County

200 N. Brown Rd

P. 806.468.5543

Whatever Hits You At..

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MONTHLY NEWSLETTER

