



COVID-19 PREVENTATIVE MEASURES

WHAT TO DO IF YOU ARE SICK

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to others.

SEEKING MEDICAL ATTENTION

- If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.
- Call ahead for medical appointments to help the office take steps to keep other people from getting exposed.

STAYING AWAY FROM OTHERS

- Restrict activities outside your home, except for getting medical care.
- Restrict contact with pets and other animals while you are sick with COVID-19.
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets.

AVOID INFECTING OTHERS

- Cover your mouth and nose with a tissue when you cough or sneeze, or cough/sneeze into your elbow.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid sharing dishes, cups, utensils, bedding, etc. with other people or pets in your home.



Zucchini Patties

Budget-friendly recipe

[1 Comment](#)

Serves: 15

Ready in: 40 mins.

Looking for something to do with zucchini? Make these patties to try something new!

Ingredients

4 Medium zucchinis

2 Eggs

½ cup chopped onion (1 small onion)

¼ cup chopped herbssuch as parsley (optional)

¼ cup All-purpose flour

1 teaspoon Baking powder

¼ cup grated reduced-fat Parmesan cheese

2 tablespoons Oil

Reduced-fat sour cream or fresh lemon (optional)

What You'll Need

Measuring spoons

Measuring cups

Cutting board

Chef knife

Grater

Skillet

Spatula

Directions



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<https://eatfresh.org/recipe/main-dish-side-dish-breakfast/zucchini-patties#.XrVfkWhKiUI>

1.



Grate zucchini into a large bowl.

2.

Squeeze liquid out of zucchini.

3.



Add eggs, onion, fresh herbs, flour, baking powder and cheese. Stir to combine.

4.



Heat oil in a medium skillet over medium high heat. Use a ¼ cup measuring cup to drop zucchini mixture into skillet. Gently flatten with a spatula.

5.



Cook zucchini patty a few minutes on each side, until lightly brown.

6.



Serve with reduced-fat sour cream or a squeeze of fresh lemon. Refrigerate leftovers.

Nutrition Info and more

Serving size: ½ cup

Total calories: 50 Total fat: 3 g Saturated fat: <1 g Carbohydrates: 4 g Protein: 2 g Fiber: 1 g Sodium: 70 mg