

## COVID-19 Safety Tips for the Agriculture Industry

According to the [Centers for Disease Control](#), the best way to prevent illness as a result of COVID-19 is to avoid exposure to the virus, which is thought to spread mainly from person to person, between people who are in close contact (within about six feet). The virus is transmitted through respiratory droplets produced when an infected person coughs, sneezes, or speaks, which can land in the mouths or noses or possibly get inhaled into the lungs of people nearby. Some recent studies suggest that COVID-19 can be spread by people who are symptomatic (showing signs of the virus) or asymptomatic (showing no signs of the virus).

**Symptoms may appear 2 to 14 days after exposure and can include:**



FEVER



COUGH



SHORTNESS OF BREATH



You can use the CDC's [self-check](#) to help you determine if you need medical care.

### OTHER RESOURCES:

[Agricultural Safety and Health Council of America - Covid 19 resources](#)

[Idaho Dairymen's Association - Covid-19 resources](#)

[CDC - How to Protect Yourself and Others](#)

[EPA list of chemicals to use against COVID-19](#)

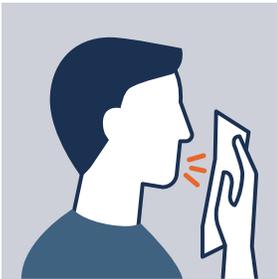
*Sources: Centers for Disease Control and Prevention, Idaho Dairymen's Association, and American Society for Nutrition*

# How to Protect Yourself and Others



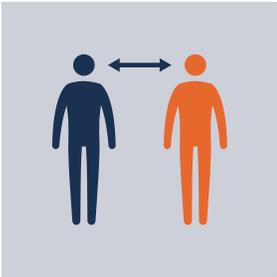
## Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Cover coughs and sneezes

- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash, or cough/sneeze into your elbow.
- Immediately wash your hands with soap and water for a least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Do not come to work if you have a frequent cough, fever, or difficulty breathing.



## Social/physical distancing

- Stay a least six feet away from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.



## Cloth cover/mask for mouth and nose

- When in public, cover you mouth and nose with a cloth cover or mask. Launder the cloth if exposed to any coughing or sneezing from someone else.
- The cloth face cover is also meant to protect other people in case you are infected.



## Cleaning and disinfecting

- Carefully follow label directions.
- Wear disposable gloves to clean and disinfect equipment, tools, and work areas.
- Never clean equipment or controls while in operation. Follow appropriate lockout procedures prior to performing tasks.
- Wash hands immediately after removing gloves.



## Three Steps to Stay Healthy During the COVID-19 Pandemic

### 1. Implement workplace prevention policies and procedures

Consider implementing the following workplace procedures to limit the spread of disease:

- Allow employees to periodically self-check for symptoms throughout the workday. Any employees who have symptoms should tell their supervisors immediately.
- Disinfect shared tools and other high-contact surfaces, such as water spigots, door handles, break areas, and shared tools and equipment.
- Where possible, adjust work practices to allow for distancing between workers. This may include driving separate vehicles, enlarging shade or break areas, providing additional water stations or coolers, or giving employees time to wash their hands before beginning any task, whether at the start of the day or after breaks.

### 2. Inform employees about what to do if they develop symptoms

Instruct employees to periodically self-check for symptoms. Employees should know the following items if they develop symptoms while at work:

- Tell a supervisor immediately.
- Employees will not be punished or get in trouble, but they may need to be sent home to prevent infecting coworkers.
- Unemployment benefits may be available through the Families First Coronavirus Response Act (FFCRA).

### 3. Train employees about COVID-19

- Employees should be trained about COVID-19 to ensure they know how to prevent the spread of disease, can recognize symptoms, and know when to seek medical attention. Training should include signs and symptoms, how to protect yourself and others, workplace policies and procedures for minimizing exposure, and what to do if they suspect they have COVID-19

[Click here for more information.](#)