

**Practical biosecurity  
recommendations to prevent  
COVID-19 in farm workers and  
allied industry**

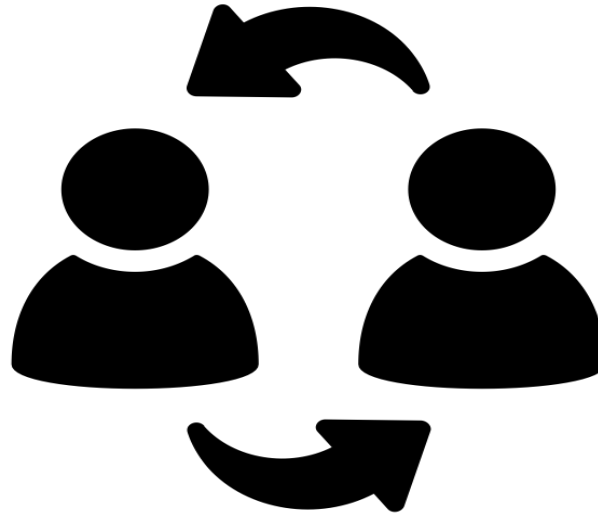
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**Swine Disease Eradication Center  
University of Minnesota**



UNIVERSITY OF MINNESOTA  
**Driven to Discover<sup>SM</sup>**

COVID-19 is a person-to-person  
transmitted disease



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from Noun Project

Direct contact with infected persons  
Aerosols and contaminated surfaces

# Farm access

- If sick, stay home (even if mild symptoms)
- Limit farm access to essential personnel or personnel performing essential activities
- Stagger arrival of workers to the farm so they do not congregate in the common air spaces (e.g., entry hallways, showers or breakrooms)
- Consider staffing of farms to accommodate different schedules to avoid likelihood of infection of all workers at the same time
- Avoid close physical contact such as shaking hands when greeting co-workers



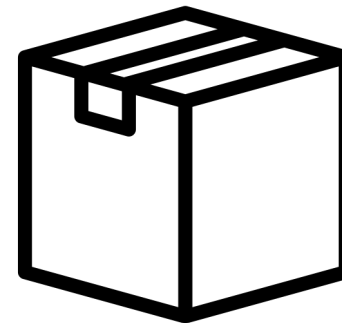
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# Introduction of materials

- Place special care when disinfecting personal objects that need to enter farms (e.g. cell phones, lunch boxes) and all materials handled by farm workers.
- Follow farm established procedures to disinfect incoming materials. Handle the materials with disposable gloves, if available.



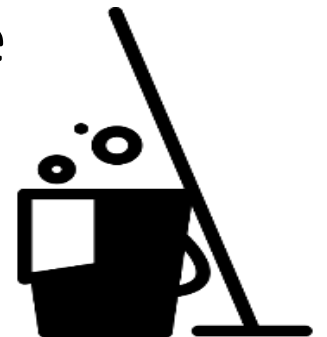
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# Hygiene

- Clean and disinfect common spaces (e.g., showers and breakroom) frequently after each group of people, and at the end of the day
- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, fridge/freezer doors and doorknobs
- Do not share used materials (e.g., towels, kitchen utensils, pens), and wash and dry them between uses
- When handling clothing and towels, wear gloves, do not shake the clothes, so it minimizes particle dispersion, and disinfect clothing hampers.



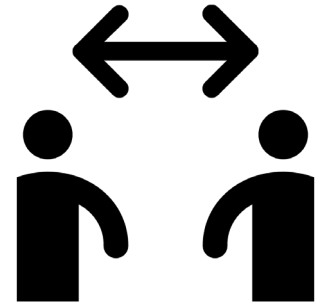
# Personal care

- Wash hands frequently with soap (20 seconds)
  - Hand sanitizer can be used if soap is not available
- Cover cough
- Avoid touching your face, eyes and mouth, especially with unwashed hands



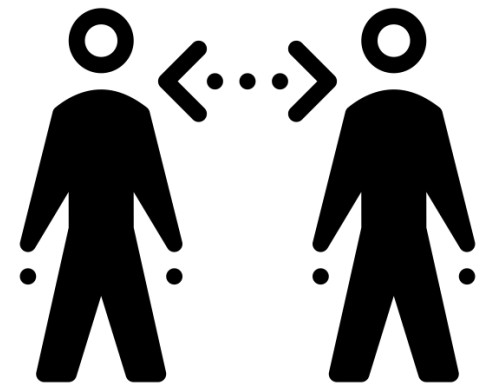
# Work routines – *Social distancing*

- Avoid having groups of people in the same air space
- Plan break times so that only few workers are in the same room at the same time while they maintain at least 6 feet distance from each other
- Limit number of face-to-face meetings and consider alternatives, such as conference calls, texts or email
- When conducting meetings, limit them to small groups and keep at least 6 feet distance between people



# Outside of work

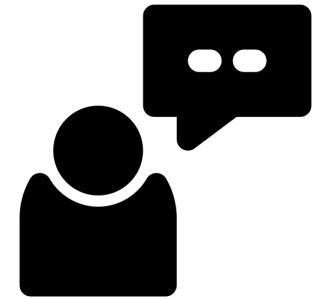
- Limit interactions with people outside of work:
  - Avoid travel outside work
  - Do not carpool or limit carpooling to essential situations
  - Limit travel to essential locations (i.e., groceries and pharmacies)
  - Avoid large crowds (e.g., church, shopping centers and entertainment events)
  - Follow Centers for Disease Control and Prevention (CDC) guidelines at [www.cdc.gov](http://www.cdc.gov)





# Communicate

- If you or a family member test positive, or you suspect that you may have become exposed, let your supervisor know and seek advice on how to proceed. Subclinical infections play a role in spreading the virus.
- Follow recommendations posted by CDC or Your State Health Department since COVID-19 recommendations may change.



# Contingency planning

- Who will take care of the animals if workers get sick?
- Who will be able to come to work if school is closed or if older parent is sick?
- Consider sick leave policies and comfort in reporting any illnesses.



# Remember your neighbors and friends

- This is a time of high stress and anxiety
- Be aware of signs of stress
- Check on your neighbors
- Encourage regular social interaction and support (local churches, virtual coffee visits)



## SIGNS AND SYMPTOMS OF **STRESS**

**BEHAVIOR SIGNS**

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Poor concentration, confusion; forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Wanting to withdraw from people and activities
- ✓ Increased smoking/drinking

**WHAT CAN YOU DO?**  
See the back of this card for help and suggestions - for you or someone you know!

**PHYSICAL SIGNS**

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach or gastrointestinal problems
- ✓ Clenching or grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene

**National Suicide Prevention Line: 1-800-273-8255**  
*It's free, confidential and open 24/7*

Mental Health Resiliency  
<http://umash.umn.edu/stress/>

# Summary

- Stay home if you are ill, even if you think it is just a cold
- Wash your hands
- Avoid touching your face
- Practice social distancing

1. [www.pork.org/public-health/what-you-need-to-know-about-covid-19/](http://www.pork.org/public-health/what-you-need-to-know-about-covid-19/)
2. [www.cdc.gov/](http://www.cdc.gov/)
3. [umash.umn.edu/covid-19-resources](http://umash.umn.edu/covid-19-resources)
4. [vetmed.umn.edu/centers-programs/swine-program/research/covid-19-resources-swine-industry](http://vetmed.umn.edu/centers-programs/swine-program/research/covid-19-resources-swine-industry)

# Thank you

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