

## Safe Working on Farm for farm workers and vets

### How to stop virus spread · Social distancing

- Wash your hands more often - when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Keep your distance – be aware of the 2 metre rule
- Avoid contact with people who have symptoms, even in your own household
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- Wear gloves for tasks where you will be touching shared objects, such as milking units
- Clean and disinfect frequently touched objects and surfaces where possible
- Avoid large and small gatherings; infections spread easily in closed spaces where people gather together. Have a break outside.
- Avoid unnecessary meetings. Keep in touch using remote technology such as phone, internet, and social media
- Work from home, where possible to minimise contact with others.

### What to do if sick, or someone close is sick - Self isolation

- If you have symptoms (new and continuous cough; high temp), however mild, stay at home for 7 days from the start of symptoms
- If someone else in your household has symptoms, you need to self isolate at home for 14 days from when they first showed symptoms

### How the virus spreads

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within 2 metres).
- Through respiratory droplets produced by an infected person.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes

**Please remember that we need to continue to look after our livestock, and to do this we all need to stay healthy. We all have loved ones, team mates and clients who fall into high risk categories. We all need to take care to follow the government advice to help protect those that may be more severely affected by Covid 19. Think about what can be done by simply keeping a safe distance and sensible precautions.**