WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)?

A respiratory condition that can spread from person to person.

WHAT ARE THE SYMPTOMS OF COVID-19?

- Fever
- Cough
- Shortness of breath

WHAT CAN I DO TO HELP PROTECT MYSELF AND MY COWORKERS AT MY DAIRY?

- Avoid close contact with sick people, both on and outside of your dairy.
- Wash your hands before you eat after working in the milking parlor or other areas of the dairy.
- When you get home after working in the dairy, always take a shower and wash your work clothes.
- Avoid touching your eyes, nose and mouth if your hands have not been washed.
- Always wear milking gloves.
- Keep tractors clean and disinfected.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Constantly change milking gloves.
- Keep social distance.

IF YOU ARE SICK, TO PREVENT TRANSMITTING YOUR RESPIRATORY ILLNESS TO OTHERS, DO THE FOLLOWING:

- Stay home if you’re sick.
- Cover your nose and mouth with a disposable handkerchief when coughing or sneezing, then throw it away.
- Frequently clean and disinfect the objects and surfaces you touch.
- Form emergency plans for your dairy in the event of an illness.