

# Safe Operating Guidance for Small Farm Businesses During COVID-19

WSDA Regional Markets Program Education and Outreach Coordinator

## **Agenda**



- 1 What We Know about COVID Transmission
- Protecting Worker Health and Hygiene
- Applying Social Distancing at Your Operation
- How to Properly Disinfect Surfaces
  - 5 Reinforcing Safe Food Handling Practices
  - 6 Customer Communication & Contingency Planning

## **COVID-19 Transmission**



- Most commonly spread person-toperson through respiratory droplets
- Possible to transmit by touching a contaminated surface and then touching your mouth, eyes or nose
- Asymptomatic people can transmit COVID-19



The virus usually spreads from **CLOSE PERSON- TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.



The virus may also spread THROUGH AIRBORNE TRANSMISSION, when tiny droplets remain in the air even after the ill person leaves the area.



SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE to the illness.



Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.

## No Evidence of Foodborne Illness



- CDC, USDA and FDA are not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging.
- No current evidence to support transmission of the virus directly by eating
- Coronaviruses need a living host (animal or human) to grow in and cannot grow in food

2 - 3 days



3 hours



24 hours



4 hours



- Aerosol and surface stability of HCoV-19 (SARS-CoV-2) compared to SARS-CoV-1
- i. Study reveals how long COVID-19 remains on cardboard, metal and plastic

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## **Monitor Family and Employee Health Closely**



# SYMPTOMS OF COVID-19 INCLUDE:







Also: muscle pain, diarrhea, sore throat, loss of smell, and abdominal pain

#### Managing Stress During COVID

- Take breaks from watching, reading and listening to news stories
- Take care of your body
- Take time to unwind and do activities you enjoy
- Connect with others you trust

## **Review Your Sick Leave Policy**



- Talk to your employees about signs and symptoms
- Explain this is not the time to "tough it out"
- Tell employees to stay home if they are sick
- Get informed about state and federal sick leave policies and reimbursements. Start here with WA State Employment Security Department.
- More resources:
  - OSHA Guidance on Preparing Workplaces for COVID-19
  - CDC Interim Guidance for Businesses and Employers to Plan and Respond to COVID-19
  - University of Vermont Farm Employee
     Commitments



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.

## **Provide Handwashing Stations**







- How to Build a Handwashing Station
- WSDA When and How to Wash Hands On-Farm Poster
- CDC When and How to Wash Your Hands
- Produce Safety Alliance: Everyone Should Wash Their Hands Video

## **Providing Handwashing Sanitizer**



If handwashing with soap and water is not available and hands are not visibly dirty, an alcohol-based sanitizer with at least 60% may be used.





## COVID-19 PREVENTATIVE MEASURES HOMEMADE HAND SANITIZER

In the absence of the availability of commercial hand sanitizers, the World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response.

These ingredients can typically be found at drugstores and some supermarkets.

#### WHAT YOU NEED

- Small spray bottle
- 1 tablespoon of 3% hydrogen peroxide
- 1 teaspoon of 98% glycerin
- Isopropyl alcohol and sterile distilled or boiled cold water in ONE of the following combinations:
- 1 cup + 2 tablespoons of 99% isopropyl alcohol PLUS 1/4 cup + 1 teaspoon water
- 1 cup + 3 tablespoons of 91% isopropyl alcohol **PLUS** 2 tablespoons + 2 and 1/2 teaspoons water

#### **USING HAND SANITIZER**

To use, spray on all surfaces of your hands and rub them together until they feel dry.



#### WHAT TO DO

- Pour alcohol into a medium container, ideally with a pouring spout
- Add hydrogen peroxide, then glycerin and stir
- 3 Measure and add water
- Sanitize spray bottles by adding in a small amount of leftover alcohol, swirling around and allowing to air dry
- 5 Fill bottle with solution and label clearly with contents.

Homemade Hand Sanitizer Western Regional Center

## **Providing Gloves**



- Gloves do not replace proper hand washing practices
- Prioritize gloves for hazardous activities such as working with chemicals
- Reusable gloves should be cleaned and sanitized
- Continue to follow your existing food safety practices

#### **How to Remove Gloves**

To protect yourself, use the following steps to take off gloves



Grasp the outside of one glove at the wrist.

Do not touch your bare skin.



Hold the glove you just removed in your gloved hand.



Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



Peel the glove away from your body, pulling it inside out.



Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



Dispose of the gloves safely. Do not reuse the gloves.

**CDC How to Remove Gloves** 

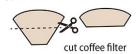
## **Providing Face Masks**

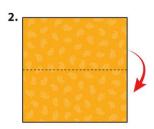


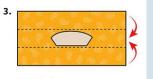
- CDC and WA DOH now recommend that people wear cloth face coverings in public
- Not a substitute for physical distancing
- Reduces the release of infectious particles into the air
- Surgical masks are in short supply and should be reserved for healthcare workers

#### **Tutorial**

1.





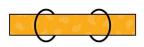


of folded bandanna.

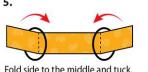
Fold filter in center

Fold top down. Fold bottom up.

4.

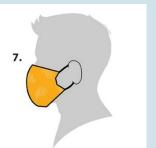


Place rubber bands or hair ties about 6 inches apart.



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- CDC Use of Cloth Face Covering to Help Slow the Spread of COVID-19
- WA Dept. of Health Guidance on Cloth Face Coverings
- NY Times How to Sew a Face Mask

## **Training & Signage Reinforcement**



#### **CDC Posters in Multiple Languages**

#### Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

#### Stay home except to get medical care

- Stay home: Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warming signs, or if you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

#### Separate yourself from other people in your home, this is known as home isolation

- Stay away from others: As much as possible, stay away from others. You should stay in a specific "sick room" if possible, and away from other people in your home. Use a separate bathroom, if available.
- See COVID-19 and Antmals is you have questions about pets. https://www.cdc.gov/coronavirus/2019-ncov/faq. html#COVID19antmals

#### Call ahead before visiting your doctor

- Call ahead: Many medical visits for routine care are being postponed or done by phone or telemedicine
- . If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

#### If you are sick wear a facemask in the following situations, if available,

- If you are side You should wear a facemask, if avatlable, when you are around other people (including before you enter a healthcare
- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.
- Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

#### Cover your coughs and sneezes

- Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
- Dispose: Throsy used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soon and water are not systlable, clean your hands with an alcohol-based band. santitiver that contains at least 60% alcohol

#### Clean your hands often

- Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand santitzer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

#### Avoid sharing personal household items

- Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.



#### cdc.gov/coronavirus

#### WA DOH Educational Materials (26+ Languages)

#### **Novel Coronavirus**



#### What is novel coronavirus?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person in China and other countries, including the United States. In some instances, cases outside of China have been associated with travelers from China. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

#### How does novel coronavirus spread?

Health experts are still learning the details. Currently, it is thought to spread:

- via respiratory droplets produced when an infected person coughs or sneezes.
- · between people who are in close contact with one another (within about 6 feet).



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#### How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (like a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

#### What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:













## **Caring for Sick Employees**



- Notify your <u>local WA health department</u> for guidance
- Separate sick employees and send them home immediately
- Follow <u>CDC Guidance Steps to Prevent the Spread of COVID-19 if You are Sick</u>
  - Monitor for worsening symptoms
  - Prevent the spread of germs
  - Provide food and water
  - Stay home and avoid public places
- 4. Implement a disinfection program
  - CDC Cleaning and Disinfecting Your Facility
  - Cornell Institute Food Safety SOP Action When Worker is Tested

#### Do you provide housing?

- 1. Keep beds 6 ft. distance
- Discourage visiting and social interaction
- 3. Organize grocery and supply runs
- 4. Establish cleaning routine
- Transport to health care provider if needed

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## **Redesign Farm Activities**



- Use tape or measuring stick to demonstrate 6 foot distance
- Conduct remote using technology when possible
- Advise employees to avoid physical greetings
- Stagger shifts, breaks and areas working on the farm
- Limit sharing of tools and equipment

#### **Example Greenhouse SOP**

- Limit to 4 people
- Workstations 6 ft. apart
- Be mindful to maintain 6 ft distance when moving around
- Assign separate transplant tray/seed bags
- Daily assigned tasks:
  - Watering
  - 2. Tagging
  - 3. Mixing soil and filling trays
  - 4. Sanitizing 2x daily
  - 5. Cleaning the bathroom
  - 6. Answering the phone

## **Limit Access to Farm and Packing Area**



- Log all deliveries and on-farm entries
  - Leave deliveries without signatures
  - Utilize a visitor's log
  - Monitor personal travel
- Customer transactions on-farm
  - Clean areas customer access more frequently
  - Order in advance take to car of customer
  - Consider gloves and proper disposal when handling money, credit cards, or customer contact

Thank you for visiting - we are eager to help you.

If you suspect that you have been exposed to COVID-19 or have a fever, cough, or shortness of breath, please do NOT enter this office.

Instead, please call 000.000.0000 so that we can help you without exposing others. We appreciate your assistance in helping us implement CDC guidelines and wish you a speedy recovery with your symptoms.

Gracias por visitarnos - estamos ansiosos por ayudarle.

Si sospecha que ha estado expuesto a COVID-19 o tiene fiebre, tos o dificultad para respirar, NO entre en esta oficina.

En su lugar, llame al 000.000.0000 para que podamos ayudarle sin exponer a los demás. Agradecemos su ayuda para ayudarnos a implementar las prácticas establecidas por el CDC y le deseamos una rápida recuperación con sus síntomas.

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## **Identify Frequently Used Surfaces**



Non-Food Contact Surfaces

**Food Contact Surfaces** 

High Frequency Touch
Points













## NC STATE UNIVERSITY

# WSD

## Clean

# Sanitize

## Disinfect

Physical removal of soil and food residue from surfaces which can include the use of clean water and detergent.

Treatment of a cleaned surface to reduce the number of microorganisms of public health significance to a safe level within 1 minute.

Treatment of a cleaned surface to destroy or inactivate all infectious organisms on hard surfaces within 10 minutes.

All surfaces

Food contact surfaces (99.999% reduction) Non-food contact surfaces

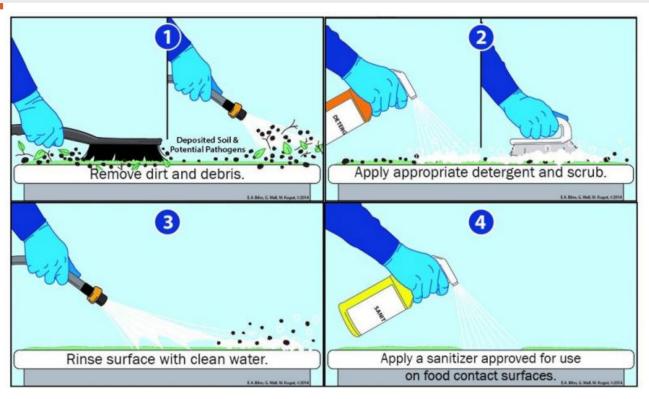
(99.9% reduction)

Non-food contact surfaces, high touch surfaces, incident with infected person

NC State Extension
Online Workshop:
Always Be Cleaning
and Sanitizing

## Cleaning and Sanitizing Food Contact Surfaces





Romaine Calm: Breaking Down the Produce Safety Rule Cleaning and Sanitizing Food Contact Surfaces

Produce Safety Alliance List of Sanitizers for Produce Wash Water and Sanitization

#### Example Detergents:





## NC STATE UNIVERSITY

# WSD

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(99.9% reduction)

Non-food contact surfaces, high touch surfaces, incident with infected person

NC State Extension
Online Workshop:
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## **Common Disinfectants that Destroy COVID-19**



- Bleach (Sodium Hypochlorite)
  - Prepare a bleach solution by mixing: 5 tablespoons bleach per gallon of water or 4 teaspoons bleach per quart of water
  - Bleach can lose efficacy
  - USDA Guidance for the Use of Chlorine Materials in Organic Production and Handling
- **Isopropyl alcohol:** Alcohol solutions with at least 70% are effective. Do not dilute the alcohol solution
- **Hydrogen peroxide:** is typically sold in concentration of about 3%. It can be used at that concentration or diluted to about 0.5% concentration. It should be left on surfaces for one minute before wiping.

#### **Best Practices**

- 1. Clean surfaces first!
- 2. Not intended for food contact surfaces
- 3. Watch hazard warnings
- 4. Do not mix sanitizers



## **Adjust Use of Farm Sanitizer for Disinfection**



#### UVM Ag Extension Engineering: A Guide to Cleaning, Sanitizing, and Disinfecting

Product	Active Ingredients as Received	Labeled Concentration for Wash Water Treatment	Labeled Concentration for Sanitizing Hard Surfaces	Labeled Concentration for <u>Disinfecting</u> Hard Surfaces
Ultra Clorox Brand	6.0% sodium hypochlorite	25 ppm free chlorine	200 ppm	2700 ppm
Regular Bleach		1/2 cup per 75 gallons	1 tbsp per 1 gallon of water.	¾ cup per gallon of water.
		2 minute submersion time	2 minutes contact time.	5 minutes contact time.
Sanidate 5.0	5.3% peroxyacetic acid (PAA)	27-96 ppm PAA	147-500 ppm PAA	230-1000 ppm PAA
	and	59.1-209.5 fl. oz. per 1000	1.6-5.4 fl. oz. per 5 gallons water.	0.5-2.2 fl. oz. per gallon of water.
	23.0% hydrogen peroxide	gallons of water	2 minutes contact time.	10 minutes contact time.
Tsunami 100	15.2% peroxyacetic acid (PAA)	30-80 ppm PAA	150-270 ppm PAA	Not Labeled
	and	2.5-6.7 fl. oz. per 100 gallons	1.0-1.8 ounces (product) per 8	
	11.2% hydrogen peroxide	of water	gallons of water	
			1 minute contact time.	
Vigorox SP-15	15.0% peroxyacetic acid (PAA)	45 ppm PAA	85 ppm PAA and 57 ppm	800 ppm PAA and 530 ppm
	and	0.54 fl. oz. per 16 gallons of	hydrogen peroxide	hydrogen peroxide.
	10.0% hydrogen peroxide	water	3.1 fluid ounces per 50 gallons	3.0 fluid ounces of the product
			of water.	per 5 gallons of potable water.
			1 minute contact time.	5 minutes contact time.

- EPA List N: https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2
- <u>USDA Allowed Detergents and Sanitizers for Food Contact Surfaces and Equipment in Organic Operations</u>

## **EPA List N: Disinfectants for SARS-CoV-2**



#### LIST N: Products with Emerging and Viral Pathogens AND Human Coronavirus Claims

EPA Registration Number	Active Ingredient(s)	Product Name	Company	Follow the disinfection directions and preparation for the following virus	Contact Time (in minutes)	Formulation Type	Surface Types for Use	Use Site	Emerging Viral Pathogen Claim?	Date Added to List N
84683-3	Thymol	Benefect Botanical Daily Cleaner Disinfectant Spray	Cleanwell LLC	Rhinovirus	10	RTU	Hard nonporous	Healthcare; Institutional; Residential	Yes	04/02/2020
88897-2	Quaternary ammonium; Isopropanol; Ethanol	Panther Disinfectant	Maxill Inc	Adenovirus; Feline calicivirus	3	RTU	Hard nonporous	Healthcare; Institutional	Yes	04/02/2020
42048-4	L-Lactic Acid	Sani-Cide EX3 (10X) RTU	Celeste Industries Corp	Feline calicivirus	10	RTU	Hard nonporous	Institutional	Yes	04/02/2020
66171-7	Quaternary ammonium; Glutaraldehyde	Synergize	Preserve International	Feline calicivirus	10	Dilutable	Hard nonporous	Institutional	Yes	04/02/2020
85837-4	Hydrogen peroxide	Proxi Home General Disinfectant	Innovasource LLC	Rhinovirus	10	RTU	Hard nonporous	Healthcare; Institutional; Residential	Yes	04/02/2020

ODA Effective Disinfectants to Help Prevent the Spread of Coronavirus Disease (COVID-19) on Food Contact Surfaces:

Short list of brand name, EPA registration, and product type that may be more accessible in the PNW.

## **Suggested Cleaning and Sanitation Frequency**



Clean

Everyday and before sanitizing and disinfecting surfaces

Sanitize

Food contact surfaces:
once per day.
Non-food contact:
surfaces: daily, weekly,
monthly

Disinfect

At least twice per day for high touch surfaces

#### Produce Safety Alliance Record Keeping Template

List the date, time, tool or equipment name, and method for each cleaning or sanitizing activity.						
Date	Time	List tools/equipment	Cleaned and/or Sanitized?	Method used	Cleaned By (initials)	
10/11/16	10:07 AM	Harvest tools	cleaned	See Cleaning SOP (Removed dirt with brush, washed with detergent, rinsed, air dried)	EAB	
10/11/16	10:30 AM	Dump Tank	cleaned and sanitized	See Dump Tank Cleaning and Sanitizing SOP (drained tank, washed with detergent, rinsed, sanitized with 150 ppm NaOCI)	EAB	

Cornell Institute for Food Safety: SSOP for Cleaning/Sanitizing Frequently Touched Surfaces

CDC Cleaning and Disinfecting your Facility

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## **Reinforcing Safe Handling Practices**



#### Maintain food safety practices already in place

- 1. Food safety is still critical and important
- 2. Foodborne risks still exist
- 3. Regulatory requirements still in effect

#### **Examples:**

- Food packaging material: only use new or clean packaging
- Provide clean and potable water
- Handling trash in packing and retail areas
- Minimize contact with animals

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## **Contingency Planning**



- 1. Identify critical tasks and cross train
- 2. Assign duties to vulnerable staff for remote work
- 3. Develop a plan for assigning tasks
- 4. Develop a communication plan
- 5. List key information such as supplier contacts, equipment and inventory notes
- 6. Plan for managing disruptions in production alternative suppliers, borrow supplies/equipment from other farms
- Seattle/King Co Planning for a Coronavirus Pandemic: A Guide for Businesses and Organizations
- PSA Sustainable Agriculture COVID Readiness Assessment for Continuity of Farm Businesses

## Must continue on current schedule and/or capacity

- Soil prep and planting
- Harvest and pack lines
- Food safety programs

# Continue but on a reduced schedule and/or capacity

- Scheduled maintenance\*
- Crop care that cannot be done with social distancing

#### Discontinue until practical to start again or needs change

- In-person team meetings
- Farm tours
- Sales visits

#### **Customer Communication**



Research with similar viruses (SARS) has demonstrated that typical cooking temperatures (30 minutes at 140°) will kill the virus in foods.

#### **Consumer Practices:**

- Wash hands
- Separate raw meat from other foods
- Cook to the right temperature
- Refrigerate properly



## COVID-19 AND FOOD SAFETY FAQ IS CORONAVIRUS A FOOD SAFETY ISSUE?

CDC and USDA are not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging. However, it is always important to follow good hygiene practices (i.e., wash hands and surfaces often, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly) when handling or preparing foods.

#### IS FOOD IMPORTED FROM COUNTRIES AND STATES AFFECTED BY COVID-19 AT RISK OF SPREADING COVID-19?

 Currently, there is no evidence to support transmission of COVID-19 associated with imported goods and there are no reported cases of COVID-19 in the United States associated with imported goods.

#### IF AN EMPLOYEE AT A FOOD ESTABLISHMENT BECAME INFECTED WITH CORONAVIRUS, WOULD THE FOOD PRODUCED AT THAT FACILITY BE SAFE TO EAT?

- Food establishment personnel who are ill with COVID-19 or any other illness should be excluded from work activities that could create unsanitary conditions (i.e. coughing or sneezing on product).
- COVID-19 is thought to spread mainly from person to person through respiratory droplets that can land in the mouths or noses of people who are nearby.

#### CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD, THE FOOD PACKAGING, OR FOOD CONTACT SURFACES, IF THE CORONAVIRUS WAS

- Currently there is no evidence of food or food packaging being associated with transmission of COVID-19.
- Coronaviruses need a living host (animal or human) to grow in and cannot grow in food.
- Like other viruses, it is possible that the virus that causes COVID-19 can survive on surfaces or objects.

#### HOW SHOULD FOOD BE HANDLED DURING THE COVID-19 PANDEMIC?

- As always, follow good hygiene and food safety practices when preparing food:
  - Purchase food from reputable sources
  - Cook food thoroughly and maintain safe holding temperatures
  - Use good personal hygiene
  - Clean and sanitize surfaces and equipment

For more info, visit: www.cdc.gov/coronavirus/2019-ncov
Updated March 20, 2020





Western Regional Center to Enhance Food Safety

#### More Resources



- WSDA Regional Markets Small Farm COVID-19
- WA State Farmers Market Association and WA DOH Retail Food Guidelines
- WSU Food Systems COVID19 Hub
- WA Young Farmers Coalition COVID for Farms

















#### **COVID-19 Webinar Series Best Practices for**

Small Farms | Farmers Markets | Community Garden

April 6th: Best Practices for Community Gardens During COVID-19 11 am PST / 12 pm MST



April 13th: Best Practices at Farmers Markets and Farm Stands During COVID-19 11 am PST / 12 pm MST



April 21st: Getting Started with CSA 11 am PST / 12 pm MST



April 21st: Best Practices for Farm Deliveries, Pick-up & CSA During COVID-19 1 pm PST / 2 pm MST

To register and view the full webinar schedule: https://www.cultivatingsuccess.org/webinar-series

Questions? email cdephelps@uidaho.edu









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cultivatingsuccess.org/webinar-series

## **Thank You**



