

# COVID-19 INFORMATION FOR PLAIN GROWERS



**COVID-19 is caused by a virus. It does not cause a foodborne illness.** The virus affects the lungs. People do not get sick from COVID-19 by eating food. The biggest risk of getting COVID-19 comes from being physically close to a person who has the virus.

COVID-19 is spread from one person to another through droplets that are produced when an infected person coughs or sneezes. The virus is transferred from a sick to a healthy person when droplets carrying the virus directly reach their nose, mouth, or eyes, or through close contact such as a handshake.

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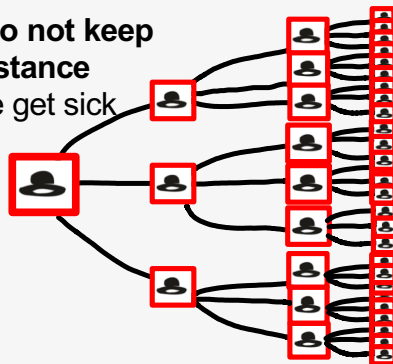
## KEEP PHYSICAL DISTANCE

Produce and animal auctions, churches and other places of worship, and schoolhouses are places of gathering. When many people come together in one place the virus spreads faster.

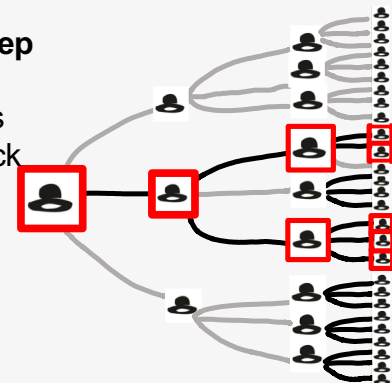
The best way to practice physical distancing is to stay at home with your own family only and limit your movements to do necessary activities only. Keeping distance from others when speaking in order will help.



When you do not keep physical distance more people get sick



When you keep physical distance less people get sick



Person with COVID-19



Healthy person

## HOW TO PREVENT GIVING THE VIRUS TO ANOTHER PERSON

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a single use tissue when coughing or sneezing, or cough or sneeze into your elbow. Do not use hankies or hankies should be washed after every use.
- Do not touch your face, especially your mouth or nose.
- Do not shake hands or do other types of physical greetings.
- Limit the people riding in a buggy or vehicle to 1 or 2 family members living in the same home.
- Wear a homemade facemask sewn with at least two layers of fabric, when you are around others (e.g., sharing a buggy, grocery shopping).
- Avoid sharing dishes, cups, utensils, and bedding, with people in your home.

