



COVID-19 PREVENTATIVE MEASURES

CLEANING AND DISINFECTION

Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces. Cleaning followed by disinfection is recommended by the CDC as a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

SURFACES

- Clean surfaces using a detergent or soap and water prior to disinfection.
- CDC recommends diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and compounds on the EPA-recommended list, found here: go.ncsu.edu/epacovid-19

DILUTING BLEACH

- Follow manufacturer's instructions for application and proper ventilation.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) bleach per gallon of water **OR**
 - 4 teaspoons bleach per quart of water
- Use containers of bleach that have been opened no longer than 30 days.

IF CLEANING UP AFTER AN INFECTED INDIVIDUAL

- Wear disposable gloves while cleaning and discard after cleaning. Follow glove removal procedure to avoid contaminating hands (go.ncsu.edu/cdcgloves). Wash your hands after removing gloves.
- Clean any porous surfaces (carpets, clothing, linens, etc.) with appropriate cleaners and/or launder items using the warmest appropriate water setting. Dry completely.
- Do not shake dirty laundry. This will minimize the possibility of spreading virus through the air.



Stay informed: go.ncsu.edu/covid-19
www.cdc.gov/coronavirus/2019-ncov
Updated March 16, 2020



COVID-19 PREVENTATIVE MEASURES

WHAT TO DO IF YOU ARE SICK

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to others.

SEEKING MEDICAL ATTENTION

- If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.
- Call ahead for medical appointments to help the office take steps to keep other people from getting exposed.

STAYING AWAY FROM OTHERS

- Restrict activities outside your home, except for getting medical care.
- Restrict contact with pets and other animals while you are sick with COVID-19.
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets.

AVOID INFECTING OTHERS

- Cover your mouth and nose with a tissue when you cough or sneeze, or cough/sneeze into your elbow.
- 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.
- Avoid sharing dishes, cups, utensils, bedding, etc. with other people or pets in your home.

COVID-19 PREVENTATIVE MEASURES

CLEAN YOUR HANDS OFTEN

The best way to prevent illness is to avoid being exposed to this virus. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of COVID-19.

HANDWASHING STEPS

- 1 Wet your hands with clean, running water
- 2 Apply soap
- 3 Lather and scrub hands for at least 20 seconds
- 4 Rinse your hands well under clean, running water
- 5 Dry your hands using a clean towel or air dry them

WHEN TO WASH HANDS

- After blowing your nose, coughing, or sneezing
- Before and after caring for someone who is sick
- After going to the bathroom
- Before and after preparing food
- During food preparation as needed
- Before eating food
- Before putting on a face covering and after removing/handling a used face covering

HAND SANITIZER

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, cover all surfaces of your hands and rub them together until they feel dry.



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www.cdc.gov/coronavirus/2019-ncov
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COVID-19 PREVENTATIVE MEASURES

CLEANING AND DISINFECTING REUSABLE BAGS

Current evidence suggests that novel coronavirus may remain viable for hours or days on a variety of surfaces. Cleaning followed by disinfection is recommended by the CDC as a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

CLEANING AND DISINFECTING PLASTIC AND NYLON BAGS

- Clean inside and outside of the bag with soapy water and rinse.
- Spray or wipe down the bags inside and out with diluted bleach solution (see below) or recommended disinfectant.
- Allow bags to air dry completely before storing and using.
- CDC recommends diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and compounds on the EPA-recommended list, found here: go.ncsu.edu/epacovid-19

CLEANING CLOTH BAGS

- Wash in warm water with normal laundry detergent.
- Dry on the warmest setting possible.
- See CDC guidelines on laundry go.ncsu.edu/cdclaundry

DILUTING BLEACH

- Follow manufacturer's label instructions for application and proper ventilation.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) bleach per gallon of water **OR**
 - 4 teaspoons bleach per quart of water
- Use containers of bleach that have been open no longer than 30 days, as bleach can break down over time.

It is always a good practice to clean and disinfect shopping bags after each use, and to pay extra attention to bags used to carry raw animal products.



Stay informed: go.ncsu.edu/covid-19
www.cdc.gov/coronavirus/2019-ncov
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Stay informed: go.ncsu.edu/covid-19
Updated March 26, 2020





HANDLING COVID-19

GUIDANCE FOR FARMERS' MARKETS

COVID-19 is not a foodborne illness. It is extremely unlikely that someone will catch it through eating. The virus is most likely to cause illness through respiratory transmission, not eating. The routes to be concerned about include being in very close proximity to many people or coming in contact with high touch surfaces.

BEST PRACTICES

- Sampling should be suspended to minimize touch points.
- Vendors should practice hand hygiene, use gloves when handling money, and handle and package items for customers.
- Limit market volume by promoting pre-ordering, alternate pickup locations, or delivery.
- Limit the number of people at the market at one time or space people out to prevent groups of ten or more.
 - Provide ground markers to help customers maintain six feet of physical distance.

COMMUNICATION

- **Vendors and customers should not come to market if they are displaying symptoms of COVID-19, or have come in contact with someone who is sick. Anyone displaying symptoms at the farm will be asked to leave.**
- Cloth face coverings should also be encouraged for customer use, based on local guidance.
- Consider communicating this to customers through signs, social media or newsletters
- Proactively reach out to county health departments
- Market managers should communicate proactively about what steps the market is taking to prevent the spread of illness.
- Review CDC guidance about cleaning and disinfection and be ready to communicate if a known COVID-19 patient has been at the market recently.

CLEANING AND DISINFECTION

- Markets should consider providing fully stocked handwashing stations and/or hand sanitizer at entrances, exits and restrooms.
 - Vendors should hand-sanitize after every transaction, and should wear gloves.
 - Cloth face coverings should be worn by employees while working.
- Disinfect surfaces like railings, doorknobs, tables, etc on a regular basis
- CDC is recommending use of disinfectants on the EPA list found at: go.ncsu.edu/epacovid-19
 - Note: this list is based on current data, but compounds have not been validated for inactivation of the virus causing COVID-19
 - Bleach may be used to disinfect surfaces, but the concentration is higher for COVID-19 than for everyday sanitation: 5 tablespoons bleach per gallon of water
- Use non-porous plastic tables that can be easily disinfected if possible.
- Think about touch points throughout the market. Eliminate or disinfect between uses.

EMPLOYEE HEALTH

- Businesses should follow CDC and FDA guidance for screening employees who have been exposed to COVID-19.
- Pre-screen employees for symptoms or fever before starting work.
- Employees with fever and symptoms should be advised to see a doctor for evaluation and should be deferred to Human Resources for next steps.





COVID-19 PREVENTATIVE MEASURES

BANDANAS AS CLOTH FACE COVERINGS

Cloth face coverings can be an effective way of preventing spread of infectious diseases. Bandanas are used over the mouth and nose of a person who is or might be infected to catch particles from a cough or sneeze. Face coverings provide the best protection to the wearer if they are 1) the right type for the situation, 2) worn properly and 3) handled properly. Wearing a cloth face covering can decrease risk but does not provide complete protection. Other risk reduction measures should also be followed, like physical distancing, handwashing and hand sanitizer usage, and avoiding touching eyes, mouth and nose.

USING BANDANAS AS CLOTH FACE COVERINGS

- In some settings, a bandana may be the most readily available fabric for a cloth face covering and can be worn in several different ways.
- Bandanas as cloth face coverings should be folded into multiple layers.
- It is also possible to fold around a replaceable filter.
 - Household air filters can be trimmed and used as replaceable filter inserts. Do not use air filters made with fiberglass. Filters may be found at department or home improvement stores.

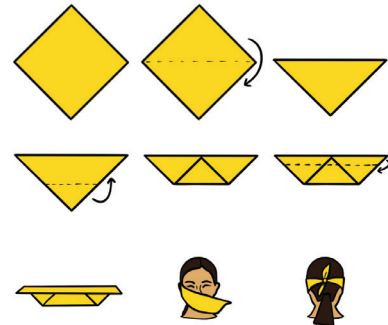
CARING FOR BANDANAS

- Bandanas can trap moisture with use, so it is best to have several on hand to use throughout the day.
- **Bandanas should be handled assuming they are contaminated with the virus causing COVID-19.**
 - Bandanas should be removed without touching the inside. They should be immediately placed with dirty laundry, or stored in a plastic bag until they can be properly cleaned.
- Wash your hands after handling a used face covering or use hand sanitizer if hand washing is not an option. If possible, wash your face after removing a bandana.
- Bandanas should be washed at the hottest setting for the fabric and dried thoroughly before the next wear.
 - Follow CDC guidance at go.ncsu.edu/cdclaundry.
- Washing is more effective than heat alone, so bandanas should not be heated in microwave or conventional ovens.

HOW SHOULD BANDANAS BE WORN?

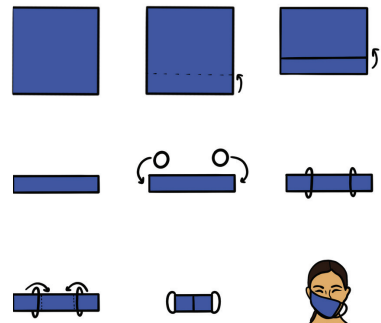
- Cloth face coverings can be uncomfortable to wear. A proper fit is tight over the nose, mouth and chin.
 - Shaving is not necessary.
- Cloth face coverings can help reduce disease transmission but wearing one does not provide absolute protection.
- According to CDC, wear bandanas whenever interacting with the public or when caring for someone who is sick or may be infected.
- It is not necessary to wear a face covering while at home or outside for exercise.

1



Option 1 shows how to fold a plain bandana. Option 2 uses hair ties or rubber bands to create ear loops for a tighter fit.

2





COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A CONCERN ON FRESH PRODUCE?

CDC, FDA and USDA are not aware of any reports at this time of human illnesses that suggest coronavirus 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, refrigerate foods promptly) when handling or preparing foods.

IS THERE GOING TO BE A PRODUCE SHORTAGE IN THE UNITED STATES?

- There is no shortage of food in the United States, although local stores may not have normal inventory while supply chains adjust.

SHOULD I TAKE ANY PRECAUTIONS WHILE EATING FRESH PRODUCE?

- COVID-19 is not known to be caused from eating contaminated food, so safety of fresh produce should not be a concern relative to this new virus.
- Follow good food safety practices whenever preparing, storing, or consuming foods.

SHOULD PRODUCE BE WASHED BEFORE EATING? SHOULD SOAP OR A DISINFECTANT BE USED?

- Washing produce before consumption is always a good practice.
- Produce should be washed or soaked in cool running water.
- It is **not** recommended to wash produce with dish soap or any detergent.
- It is **not** recommended to treat produce with chemical disinfectants at home.

COULD EATING FRESH PRODUCE THAT HAS BEEN CONTAMINATED CAUSE COVID-19?

- There is no evidence that the virus that causes COVID-19 is spread by eating food that might inadvertently contain small amounts of virus.
- Produce has not been identified as a risk factor in the transmission of other respiratory virus outbreaks.

WHAT HAPPENS IN YOUR BODY IF YOU DO INGEST CORONAVIRUS THROUGH FOOD?

- Currently, there is no evidence to support transmission of the virus directly by eating food that might inadvertently contain virus.
- Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. It may be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their mouth, eyes, or nose, but this is not thought to be the major way the virus is transmitted.
- In commercial food production, processing, and preparation, there are many best practices that are routinely followed as per federal, state, and local regulations. Regulations are designed to prevent foods from becoming contaminated with microbes from the environment, including viruses.





COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS AN ISSUE WITH PRODUCE PRODUCTION?

CDC, FDA and USDA have no reports at this time of human illnesses that suggest coronavirus can be transmitted by food or food packaging. Research on similar viruses, such as SARS and influenza, show risk of transmission from food is very low. While information on if or how long virus persists on surfaces is minimal, risk of foodborne transmission is low and should not be of concern.

WHAT STEPS DO I NEED TO TAKE TO CLEAN AND DISINFECT THE FACILITY/EQUIPMENT TO PREVENT THE SPREAD OF CORONAVIRUS?

- Disinfect high-touch surfaces-bins, baskets, harvesters, etc.-on a regular basis. CDC advises the use of disinfectants on the EPA recommended list found at: go.ncsu.edu/epacovid-19
 - Note: this list is based on current data, but most compounds have not been validated for inactivation of the virus causing COVID-19
 - Bleach may be used to disinfect surfaces after they have been cleaned. The recommended concentration is higher than for everyday sanitation: 5 tablespoons bleach per gallon of water (1,000 ppm)

WHAT SHOULD BE DONE IF A WORKER TESTS POSITIVE FOR COVID-19?

- Employers need to follow guidelines set by state and local authorities.
- If an employee is confirmed to have COVID-19, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but must adhere to HIPAA guidelines.
- Sick employees should follow the CDC recommendations and employers should consult with the local health department for additional guidance.

SHOULD PRODUCE BE RECALLED IF HANDLED OR HARVESTED WHEN A WORKER WAS POTENTIALLY SHEDDING VIRUS?

- At the time of this writing, FDA stated they did not anticipate that food products would need to be recalled or be withdrawn from the market because of an employee ill due to COVID-19, as there is no evidence of illnesses resulting from virus transmission on food or food packaging.

WHAT BEST PRACTICES SHOULD WORKERS FOLLOW TO PREVENT SPREAD OF CORONAVIRUS?

- **Workers should not report to work if they are displaying symptoms of COVID-19, or have come in contact with someone who is sick. Anyone displaying symptoms should be asked to leave.**
- As much as possible, have workers six feet apart during work and while on break.
- Consider cohorting workers so the whole workforce isn't lost if someone is diagnosed.
- Provide handwashing stations and hand sanitizer. Workers should wash hands and/or use sanitizer before and after handling produce and packaging.
- Encourage good hygiene practices, like covering mouth and nose with a bent elbow when coughing or sneezing.
- Cloth face coverings should be worn by employees while working.

WHAT SHOULD BE DONE IF A WORKER IS EXPOSED TO COVID-19?

- Businesses should follow CDC and FDA guidance for screening employees who have been exposed to COVID-19.
- Pre-screen employees for symptoms or fever before starting work.
- Employees with fever and symptoms should be advised to see a doctor for evaluation and should be deferred to Human Resources for next steps.





COVID-19 FAQ FOR FOODSERVICE

GENERAL QUESTIONS AND EMPLOYEE HEALTH

IS COVID-19 TRANSMITTED THROUGH FOOD?

- There is no report from CDC that food is a source of the virus.
- Always practice safe food preparation practices to avoid foodborne illness as well.

CAN THE VIRUS BE CARRIED ON HAIR/BEARDS?

- Particulate matter coming from coughs and sneezes could remain on any human surface.
- If you feel you've had someone cough or sneeze near your face and hair, care should be taken to wash there.

WHAT SOME BEST PRACTICES I CAN IMPLEMENT IN MY GROCERY STORE?

- Consider moving self-service areas, such as condiment stations, to behind employee counters.
- Encourage customer use of credit cards and contactless payments.
- Cloth face coverings should be worn by employees while working. Cloth face coverings should also be encouraged for customer use, based on local guidance
- Limit the number of people at the store at one time or space people out to prevent groups of ten or more. Provide markers on the ground to help customers maintain six feet of physical distance.

IS THERE A PROTOCOL IN THE EVENT AN EMPLOYEE IS DIAGNOSED WITH COVID-19 OR THINKS THEY HAVE IT?

- Each store should have policies and procedures in place for employee health and wellness.
- You should be sure that sick employees do not report to work and you should suggest they see a doctor.
- If you have a sick employee or guest, report it to the health department. If the health department is not responding, be persistent.
- CDC advises that you should provide instructions to employees/guests on what to do if they develop symptoms within 14 days after their last possible exposure to the virus.

CAN WE TAKE AN EMPLOYEE'S TEMPERATURE AS THEY REPORT FOR WORK?

- Businesses should follow CDC and FDA guidance for screening employees who have been exposed to COVID-19.
- Pre-screen employees for symptoms or fever before starting work.
- Employees with fever and symptoms should be advised to see a doctor for evaluation and should be deferred to Human Resources for next steps.

WHAT IF AN EMPLOYEE REFUSES TO COME TO WORK FOR FEAR OF INFECTION OR REFUSES TO SERVE A SICK PATRON? WHAT IF EMPLOYEES HAVE USED ALL THEIR SICK LEAVE?

- Your policies, that have been clearly communicated, should address this.
- Educating your workforce is a critical part of your responsibility.
- Local and state regulations may address what you have to do and you should align with them.

