



## Social Distancing in the Field for Agricultural Workers

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**Keep these things in mind. Remind yourself and your farm workers often.**

1. Keep water, soap and paper towels available at all times. Keep a lined trash can nearby that is labeled “paper and plastic waste.” If they are available, hand sanitizers are easier.
2. Wash your hands often, for 20 seconds each time. When you sing the “Happy Birthday” song twice, it is about 20 seconds.
3. Try not to touch your eyes, nose or mouth.
4. Keep drinking water in water bottles or paper cups. Throw the empties into a trash bag or lined trash can. Have a worker with mask and gloves responsible for passing out the water.
5. Stay at least 6 feet away from each other while planting and harvesting vegetables. Most vegetable are set at rows that are 3 feet apart. When harvesting the vegetables, keep a row between workers. Pick alternative rows. Then, on the return trip across the field, pick the skipped unharvested rows.
  - A measuring step averages 2-to-3 feet in length. Keep three steps between workers for adults.
  - Use four smaller steps if workers are younger people or women.
6. When standing by a fence, use these measurements as guides for social distancing:
  - Most cattle, hog and sheep/goat panels are 16 feet long
  - Most corral panels are 10-12 feet long
  - A rod of fence is 16.5 feet long
  - Most fence posts are set at 8 or 16 feet.
  - Spacers used between posts are mostly set at 8 feet
7. Most full-size truck beds are 6 feet wide or wider. When two people are talking or planning, keep the truck bed between you.
8. Cough or sneeze into your elbow. Cough and sneeze droplets can travel more than 27 feet.
9. Wear face masks when you are around other people or handling vegetables or fruit. They can be made with kerchiefs and rubber bands, or homemade straps sewn to kerchiefs.
10. Learn how to put the face mask on. Have it cover your chin, nose and cheeks snugly. When wearing the mask, it may make you feel hot or like you are breathing heavily. Just slow down a little and take breathing breaks.
11. If you feel sick, stay in the house and do not come to work.
12. If someone looks or appears to be sick, send them home.



Source: How to protect yourself and others. (2020, April, 16). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>