

## **Preparing for COVID-19 on the Farm: Keeping agriculture going and growing safely**

- **Daily operational considerations: evaluating risk.**
  1. Know who in your family is in a high-risk category.
  2. Manage who comes onto and off the farm.
    - a. Limit contacts to avoid spread of virus.
  3. Avoid touching your eyes, nose, and mouth with unwashed hands.
  4. Use social distancing as you can be a carrier and not show physical symptoms.
  
- **Make a back-up plan for sick family members and employees:**
  1. Isolate sick family members. Encourage farmworkers to stay home when sick.
  2. Call your primary doctor for further instructions.
  3. Limit social contact to phone, social media or email.
  4. Identify someone who will care for you and run your operation in the event you become ill.
  5. Have an up-to-date emergency contact list.
  
- **Obtain enough personal supplies for an emergency event:**
  1. Ask your doctor to prescribe extra medication (at least 30-day supply) to have on hand in case there is an outbreak.
  2. Have over-the-counter medical supplies on hand to treat fever and other symptoms: cough drops; cold medicines; pulse oximeter and batteries; saline nasal spray; thermometer; acetaminophen.
  3. Stock enough household items and groceries to be comfortable at home for a few weeks.
  
- **Farmers need to take care of themselves.**
  1. When stress builds up, step aside, take a break and relax.

2. Exercise regularly and eat well-balanced meals.
3. Limit your intake of stimulants such as coffee, soda and tea.
4. Focus on relaxing your body and mind. Take three deep breaths – slowly, easily.
5. Seek help when you need it.

MU Extension offers resources to respond to stress and improve health at MU Extension Show-Me Strong Farm Families on Facebook at [ShowMeStrongFarmFamilies](#), MU Extension COVID-19 at <https://extension2.missouri.edu/covid-19-resources-public> and Missouri AgrAbility Project at [AgrAbility.missouri.edu](http://AgrAbility.missouri.edu).

Virtual doctor visits may be another option to consider at this time. For more information about MU Health Care's telemedicine, please visit: <https://www.muhealth.org/conditions-treatments/video-visits>