

# COVID-19 SAFETY GUIDELINES FOR FOOD GROWERS

**COVID-19 is highly infectious.** The virus can live on surfaces such as wood, cardboard, plastic and money. If an infected person touches a surface, and you touch that surface and then touch your eyes, nose or mouth, you may be infected. Be safe: wash your hands and clean surfaces often.



Food growers and workers – on farms, in packing or selling food – **must carry an essential worker's permit**, ID and authorisation to use the permit (which has name and ID number). For permits, to trade food go to local government and to distribute food parcels, go to the Department of Social Development in your province.



## GENERAL GUIDELINES

### WHAT TO DO

Practice physical distancing on your farm, at markets and in your community. **Keep at least 1.5-2m away from others.**



**Wash hands well with soap, for at least 20 seconds, every hour.**



**Wear face masks daily. Wash & dry after use to keep clean at all times.**



**Cover your face with your elbow if you cough or sneeze.**

### WHAT NOT TO DO



**Reduce physical contact to a minimum.**



**Don't share water bottles, food, utensils, pens etc.**



**Don't touch your face at all, especially your mouth, nose and eyes (even with gloves on)**



**Do not reuse latex gloves, dispose of them well**

## BE SAFE: GARDEN AND FARM



### WHEN HARVESTING:

- Where possible, **keep a distance of 1.5-2m** for work and rest.
- Wear gloves when using clippers or scissors.
- Sanitise reusable harvest bags every day, and safely dispose of single use bags.
- Wash your hands every hour when handling food.



### EQUIPMENT & TOOLS

**(Picking bags, ladders, bulk bins/picking trailers, tractors, scissors, clippers, containers)**

- One harvesting bag/container per person. Wash and sun dry weekly.
- Sanitise surfaces and tools, such as scissors and clippers, often. (Homemade disinfectant recipe below)

### WHEN PACKING:

#### FOOD PACKING

- Follow personal hygiene measures described above at all times.
- All food packers to use disposable gloves.
- Wash hands before and after using gloves.
- Dispose of gloves safely after use.
- Maintain physical distances of 1.5-2m.

#### CLEANING

- Regularly clean all working surfaces.
- Sanitise anything that comes into the packing area.

### FOOD TRADING

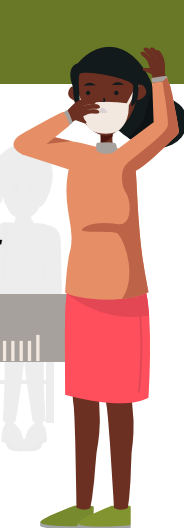


#### DEALING WITH CUSTOMERS

- Use hand and surface sanitisers regularly.
- Clean your tables, surfaces and products with disinfectant.
- Give sanitiser to customers if possible.
- Customers should keep 1.5-2m distance from each other.
- Don't touch your customers, don't shake hands.
- Don't take cash directly from customers, have a box or jar they can put it in.



**1.5 - 2M DISTANCE**

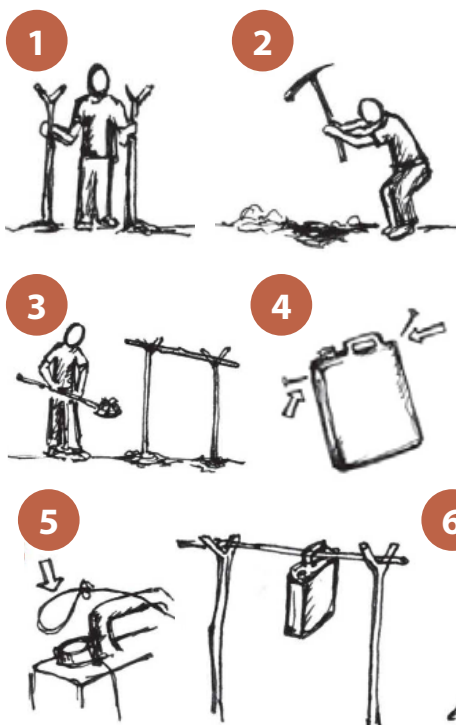


### DO IT YOURSELF TIPS:

#### HOW TO MAKE YOUR OWN DISINFECTANT.



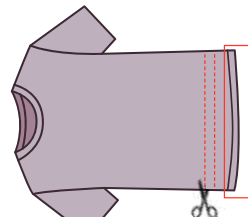
#### HOW TO MAKE YOUR OWN WASHING STATION.



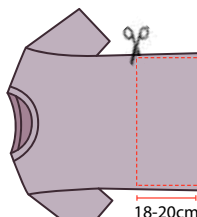
#### NO SEW MASK IN 5 MINUTES.

You need: scissors, ruler and an old T-shirt.

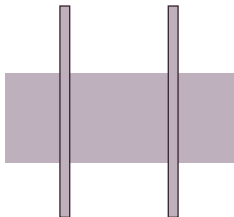
**1 CUT THE BOTTOM SEAM OFF AND THEN CUT TWO STRIPS FOR TIES**



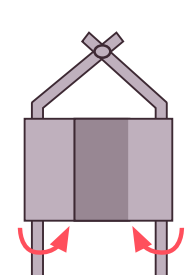
**2 CUT A LARGER PIECE FOR THE MASK, AND TRIM TO MAKE STRAIGHT**



**3 LAY TIES ON CLOTH, LEAVING SPACE ON THE SIDES**



**4 FOLD CLOTH OVER & KNOT THE TOP TIE**



**5 TOP TIE GOES OVER THE HEAD**



**6 BOTTOM TIE AROUND BACK OF HEAD AND MAKE A KNOT**



#### KNOW YOUR SYMPTOMS:



Cough



Fever



Sore throat



Tiredness



Shortness of breath



For assistance call:

**080 002 9999**

If you experience any of these symptoms, see a doctor and do not go to the farm.

Stay safe, look after the elderly and vulnerable, and good luck with the season.