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.

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 sown 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.

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.

If you don’t practice physical distancing many people in the community will get sick.

6 feet

Sanja Ilic, PhD., Ohio State University Extension Family and Consumer Sciences; Department of Human Sciences, College of Education and Human Ecology
Melanie L. Lewis Ivey, PhD., Department of Plant Pathology, College of Food, Agricultural, and Environmental Sciences
Tiffany Wild, PhD., Department of Teaching and Learning, College of Education and Human Ecology

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