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## **Keeping healthy during the COVID-19 response**

Remember - you are the most valuable asset on your farm.

Keeping everyone healthy on farm will keep our industry running.

Everyone should be taking steps to prevent the spread of COVID-19

### **Ways you can look after yourself**

- Keep people off your farm if they don't need to be there
- Isolate anyone with cold or flu-like symptoms and seek medical advice
- Only leave your property if it's essential
- Only visit sale yards if essential for buying or selling stock
- Keep a 'social distance' of 1.5 meters from others wherever possible
- Keep kids at home and use e-learning options instead of going to school
- Wash your hands regularly with soap and water – especially if you have been off-farm, have had visitors or have been handling animals

### **Ways you can look after staff**

- Isolate anyone with cold or flu-like symptoms and seek medical advice
- Make sure staff thoroughly wash hands with soap and water before starting work
- Where possible, change the way staff work so they can keep a social distance (1.5 meters)
- If possible, provide food and drinks for staff so they don't need to go into town
- Disinfect things staff regularly touch, such as tools, fuel bowsers, switches and tractor cabs.
- Ensure staff know how to prevent the spread of infections and are acting accordingly
- Ask staff returning to work from quarantine to get a doctor's clearance

### **Resources**

- COVID-19 Business helpline: 13 28 46, operating 7 days per week, 7am - 11pm AEST
- Federal Government advice: <https://www.healthdirect.gov.au/coronavirus>
- Safe Work Australia advice on managing COVID-19 risks: <https://bit.ly/2IPB0sk>
- Fair Work Australia - employer obligations to staff <https://bit.ly/3bhe5SA>
- Information on school arrangements: <https://www.dese.gov.au/news/coronavirus-covid-19>
- National Farmers' Federation updates: <https://bit.ly/39iAWM9>
- Online vet consultations: [www.phoneavet.com.au](http://www.phoneavet.com.au)
- Australian Meat Industry Council: [Social distancing factsheet](#)
- Food Standards Australian NZ Food safety fact sheet [fact sheet](#)