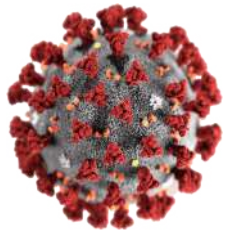


What is Coronavirus or COVID-19?

What is COVID-19?

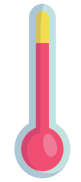


It is a respiratory disease. Coronaviruses are a type of virus that cause diseases from the common cold to bronchitis, pneumonia and other respiratory syndromes.

Symptoms



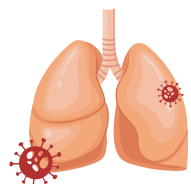
Runny nose



High fever



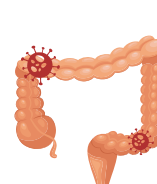
Dry cough



Shortness of breath



Sore throat



Vomiting or diarrhea

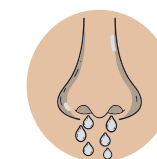
How is it transmitted?



From person to person



Contaminated tools and objects



By touching your eyes, nose, and mouth without first washing your hands

Incubation



Symptom onset time from infection 2-14 days

We are all susceptible

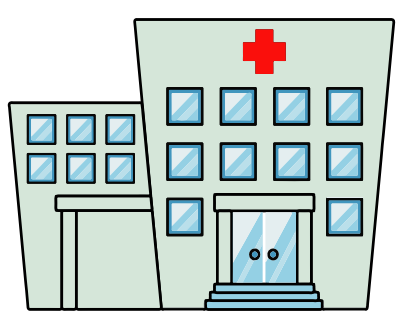


The most vulnerable



The most vulnerable are adults over 60, and people with pre-existing diseases

Do not underestimate the disease



It is very contagious and can become worse by needing hospitalization due to shortness of breath.

There are not enough beds or respirators in hospitals. **TAKE CARE OF YOURSELF!**

There is no vaccine!

A vaccine for COVID-19 is not yet available, the best way to prevent is to respect the prevention measures



It's serious



The disease is serious, it can cause death. Stay in the farm and only go out if it is strictly necessary, and with preventive measures.

The COVID-19 will reach Coffee Zones

Although the disease initially affected the major cities, at some point it will affect coffee growing areas.

LET'S PREVENT!



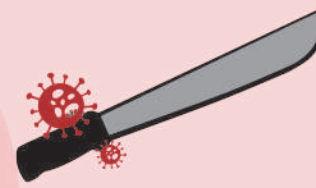
How is it transported?



Sick person



Vehicles



Tools



Objects



IMPORTANT



Do not shake hands



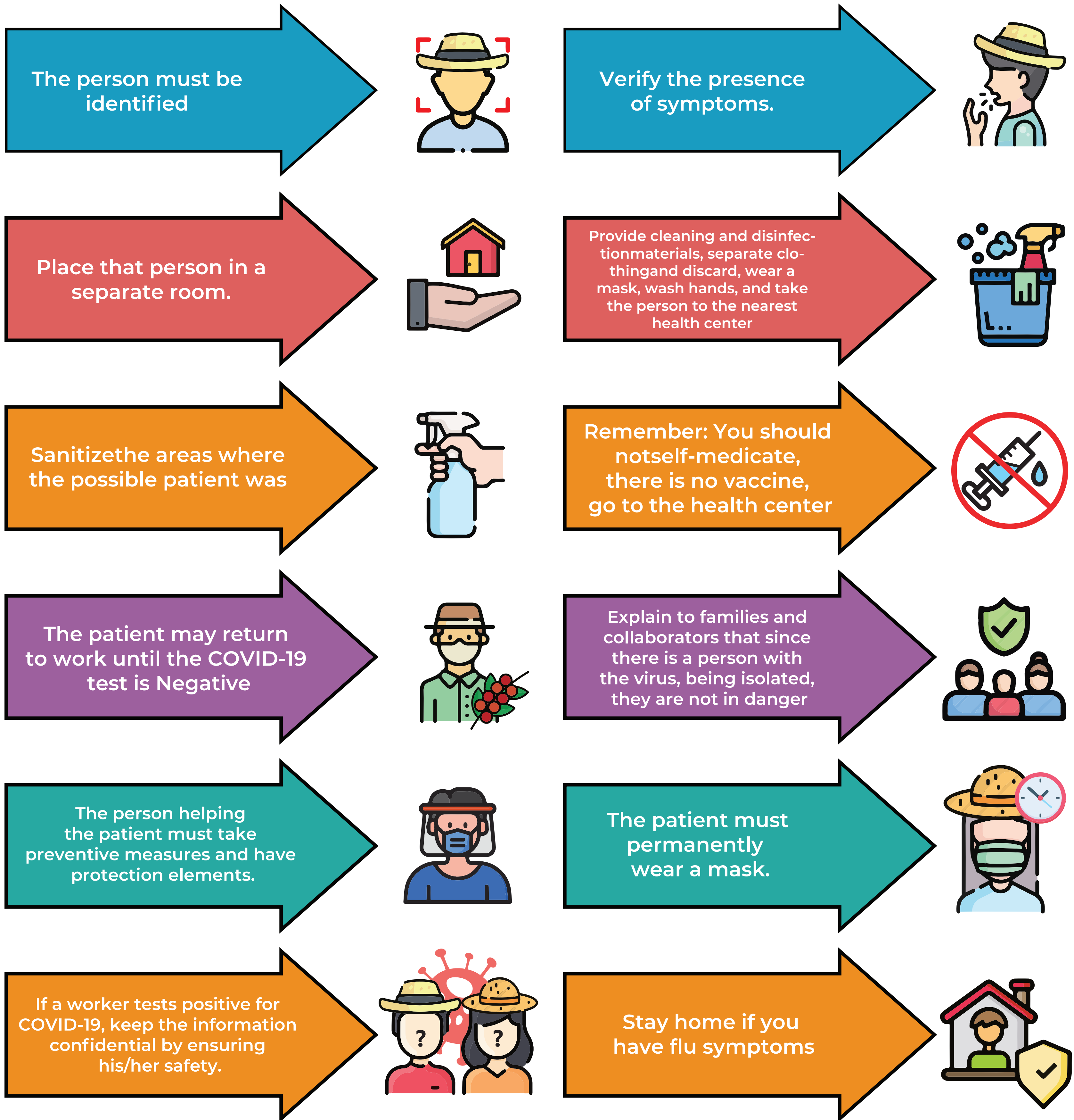
Do not hug



Social distancing

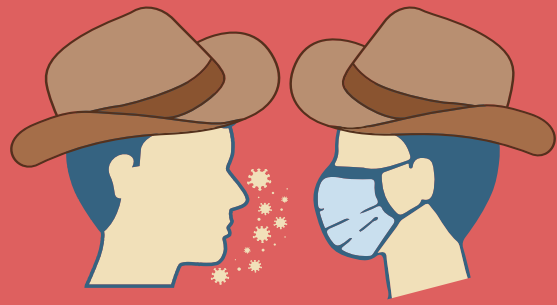
Contingency Plan for a possible case of Coronavirus Disease or COVID-19

What should the producer who suspects of a case of COVID-19 do with families or collaborators?

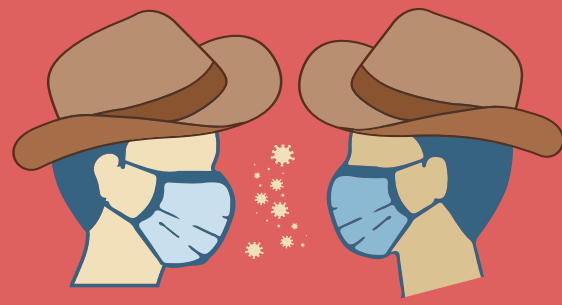


THE ONLY WAY TO KEEP COVID-19 CONTROLLED ON COFFEE FARMS, IS TO MAKE PREVENTIVE ISOLATION PROTOCOLS, TRAIN ALL PERSONNEL AND THEIR FAMILY MEMBERS, STRICTLY COMPLY WITH ALL THE HYGIENE, PREVENTION AND MANAGEMENT RULES OF COVID-19

Use of masks to prevent Coronavirus or COVID-19



To avoid spreading it



To avoid becoming infected

What is the mask for?

Important: This serves to prevent respiratory droplets that can contain the COVID-19



In which cases is it essential to wear the mask?

Whenever you leave home



How should the mask be handled?



1

Before you put a mask, wash your hands thoroughly with soap and water.



2

Cover your mouth and nose and make sure there are no gaps



3

Avoid touching the mask while wearing it: since you can get contaminated



4

Do not reuse masks and change if wet.



5

Take off your mask from behind, throw it away immediately in a closed container and wash your hands



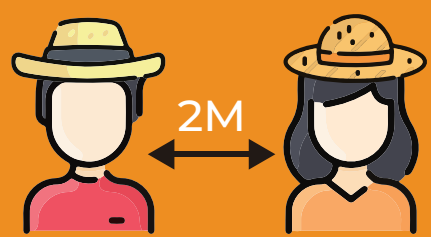
How long can I use the mask?

Do not use it more than 4 hours.



Should the mask be shared?

It should never be shared

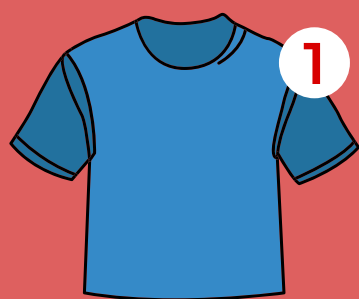


If I use the mask, should I no longer respect the other recommendations?

NO!

You must follow the same hygiene rules

How to make a homemade mask?



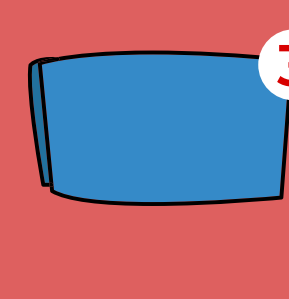
1

Choose a small shirt of filter material



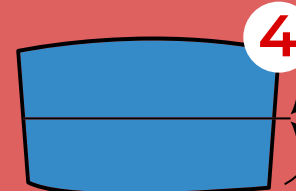
2

Fold the sleeves inward.



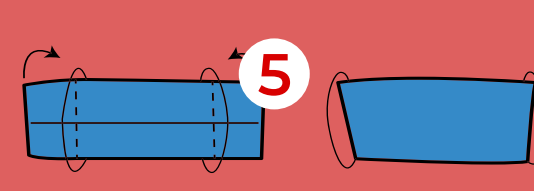
3

Fold the shirt in half.



4

Fold again from the bottom and from the top to the middle



5

Put two elastics, one at each end and inward, (If it loses shape it must be pulled) And that's it!



Can I wash the homemade mask?

It should be soaked for 30 minutes in water with soap

Sanitizing and cleaning products against Coronavirus or COVID-19



The bleach / alcohol solution should be done in a well-ventilated place



How to make the solution with Bleach?

In one liter of water add half a cup of bleach and in one gallon of water add one cup of bleach



How to make the solution with Alcohol?

3 small glasses of water plus 7 small glasses of alcohol, this makes a liter of solution



Use cold water to make the bleach / alcohol solutions and protective gloves to make and apply them



Stir the solution of bleach / alcohol to have a suitable mixture.



Do not mix bleach / alcohol solutions with other disinfectants.



When applying the bleach / alcohol solution, do not dry immediately, leave for 5 minutes



Use the alcohol solution on surfaces that can be damaged by bleach



Do not overuse bleach / alcohol solutions; inhaling it for a long time is harmful



Sanitize all products entering the farm or house, with either solutions



Have a bottle of alcohol solution to apply to your hands, throughout the day, (the bottle should fit in your pocket)



The footbath is a tray to eliminate the virus in shoes by placing bleach in it



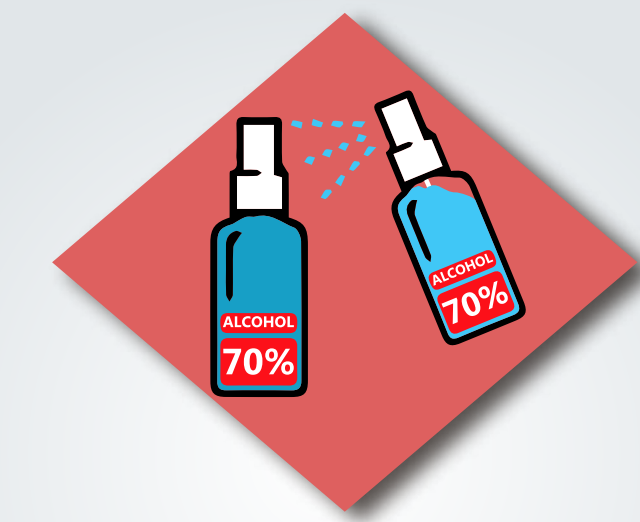
Wash the footbath with soap and water every 4 hours (use a broom to wash)



It is important to have control of changing the bleach solution in the footbath, to prevent it from becoming a breeding ground for viruses



You can use the bleach / alcohol solutions in a dispenser

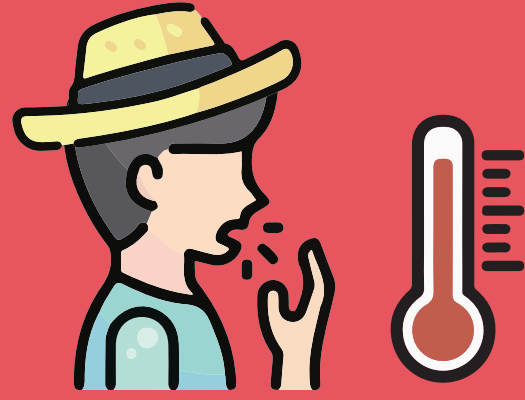


The bottle of alcohol solution you use in your pocket should be sanitized with the same solution, before using it or with soap and water

Prevention measures on the Farm against the Coronavirus or COVID-19



Build more rooms for workers with enough ventilation



Do not hire people with flu symptoms or if they come from far



Establish entry and exit times in the facilities.



Keep records of entry and exit of people to the farm



Organize small work groups and assign few people to load and unload products.



Assign a person in charge per work area as well as for the delivery of supplies or tools



Sanitize several times a day: Machinery, showers, sinks and common areas



Install alcohol solution in various areas



Check the health status of each worker daily in the morning and at night



Sanitize everything coming from the outside to the farm or house with bleach or alcohol



Set meal times



Close the bag in which you discard the gloves, gown, hat and mask and label it.

Preventive measures for Family members of Coffee Growers against Coronavirus or COVID-19



Train the family on how to prevent the disease and workers.



Appoint a family member, young and healthy to perform errands.

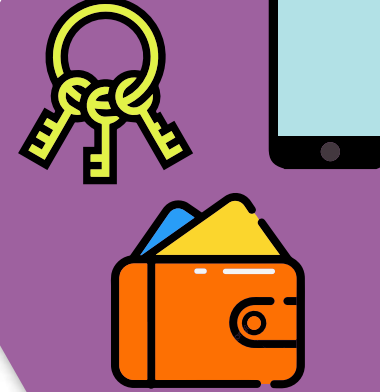
Have daily disinfection protocols for kitchens, dining rooms, bathrooms and rooms



Ventilate, keep windows open. It also applies to the Farm.



Let's support the family to collect the harvest, except children, elderly and sick people.



Daily sanitize personal objects such as: keys, cell phone, wallet, etc.

Keep enough soap and water in showers, sinks, and kitchens. It also applies to the Farm.



Wearing a pair of shoes to be at home and another to leave the house.

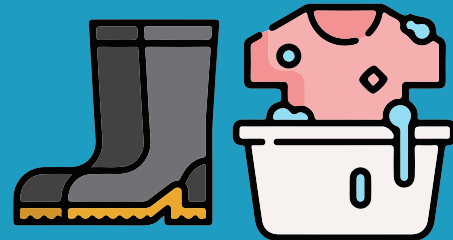


Each person should wash their clothes as well as curtains, tablecloths and sheets, leaving them in a bucket with boiling water and soap for 2 hours after sunning.

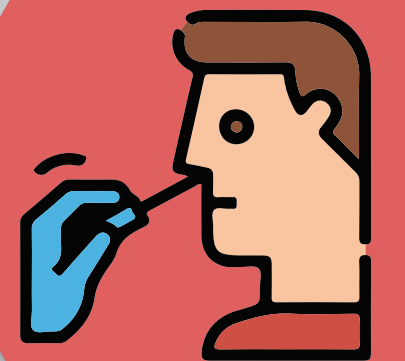


Stay home if you are sick and in a separate room to avoid contact with your family.

When returning from the Farm take off your clothes and shoes, leave them outside the house and wash them with water and soap separately



Inform the producer if you are sick, and if you do not feel better, take the test in a health center. Avoid any social gathering.



Avoid entry of outsiders into the house or farm.



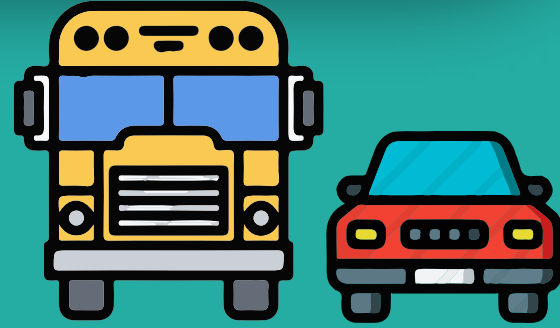
Adults over 60 years, children and sick people must be under protection.

Preventive measures against Coronavirus or COVID-19 when using Public Transportation

Wear a mask



Avoid touching any surface either of public transport or the vehicle you use.



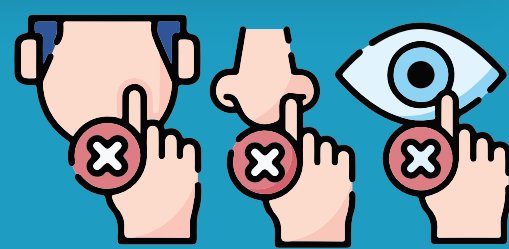
Apply alcohol solution in hands after touching money to pay.



Keep distance at least 1.5 m. with the rest of the people.



Don't touch your face, especially your eyes, mouth, and nose.



Do not use the cell phone during the journey and if you use it, do not take off your mask.



Do not eat or drink while using public transportation.



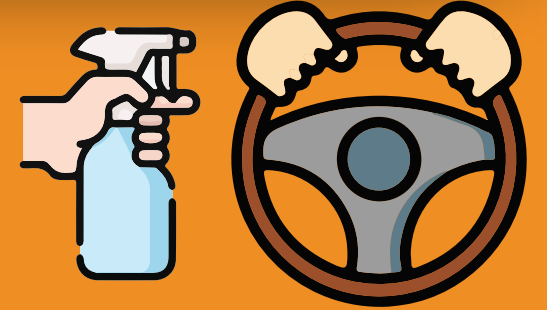
Do not talk during the journey.



Use alcohol solution when getting in, and when you get off the transport, wash your hands.



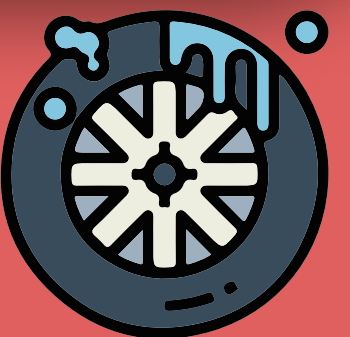
Sanitize the car with bleach (handrails, seats, doors, rudder etc.)



Sanitize tires with bleach and vehicle surfaces when entering the farm or home, and wash your hands afterwards.



Sanitize tires with bleach using an irrigation pump or basin, never touch the tires with your hands. Wash your hands afterwards.



You must not overload the car leaving space between the others.



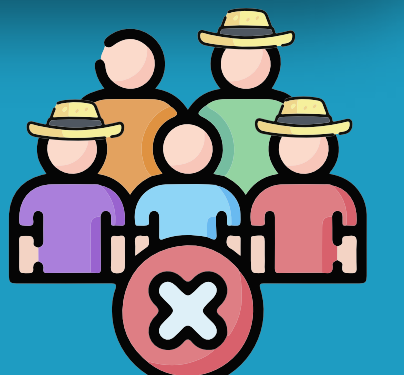
You have to sanitize the motorcycle, bicycle, or horse continuously, as well as your helmet, knee and elbow pads



Avoid unnecessary travel. leave home only if it is essential.



Avoid rush hours and great movement of people.



Cleaning and disinfection of Food to prevent Coronavirus or COVID-19



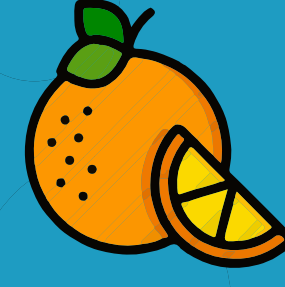
Only one person should make purchases at times of lower influx of people



Consume a diet rich in vitamins, fruits and vegetables with skin.



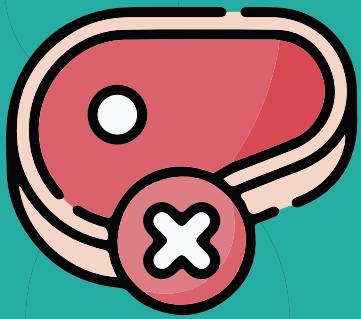
Stay hydrated continuously.



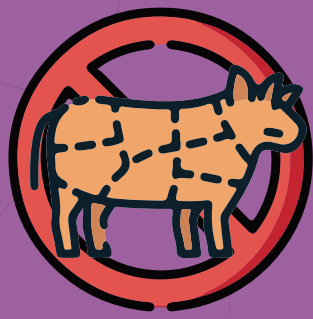
Buy food with skin.



Discard food bags and wrappers.



Do not eat raw food.



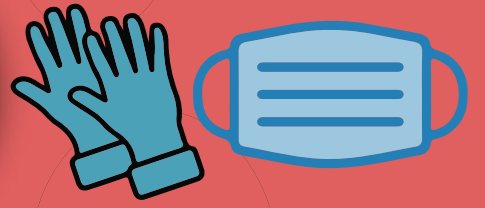
Avoid consuming beef.



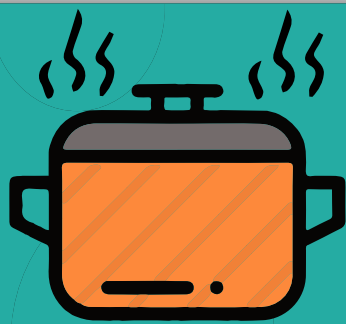
Wash food with enough soap and water



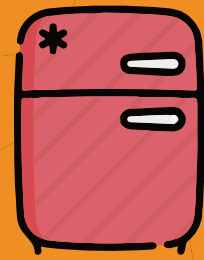
Wash your hands before cooking



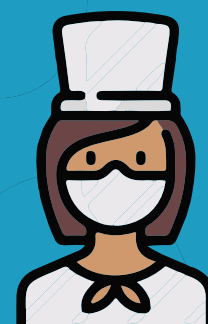
Those in charge of cooking should wear a mask and gloves



Cook food by boiling it.



Refrigerate foods that need refrigeration.



Only one person should serve food.



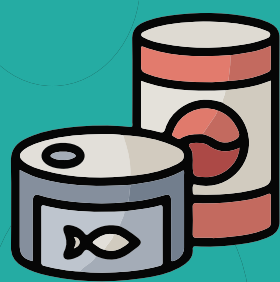
Keep food covered at all times



Do not share plates, glasses and cutlery



Wash dishes, glasses and cutlery with clean soapy water



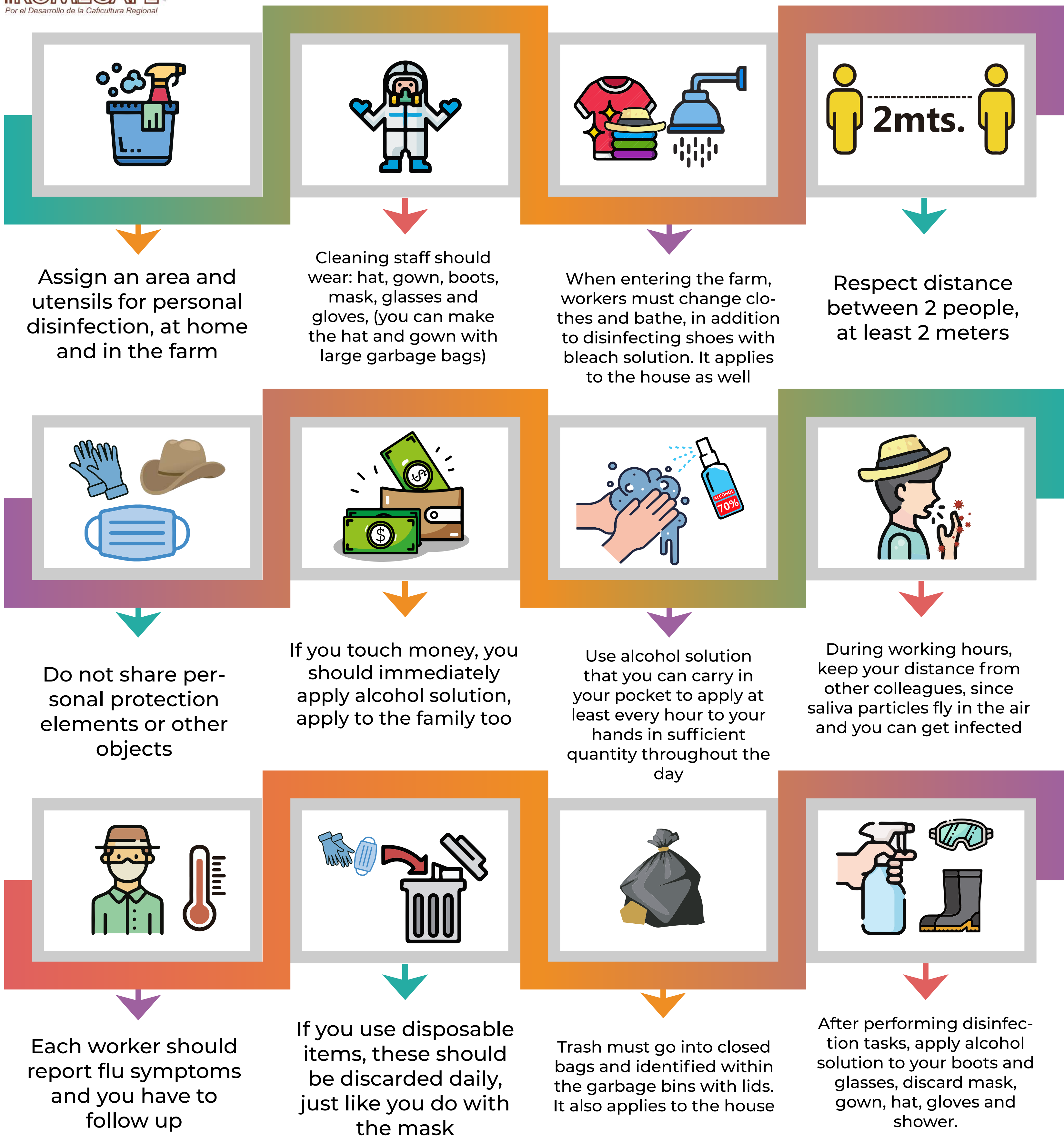
Keep enough food for everyone in the farm and at home



Do not eat prepared foods out of the house or farm.



Preventive measures for the worker and management of areas suitable for the Coronavirus or COVID-19



One of the main recommendations is to wash your hands properly for 20 seconds

