



take care

OF YOUR FARM'S MOST IMPORTANT ASSET

staying healthy for the farming season

- 1** REST WELL, EAT WELL, AND STAY HYDRATED WITH HEALTHY FLUIDS
- 2** ENCOURAGE USE OF NON-CONTACT METHODS OF GREETINGS. AVOID HAND SHAKING
- 3** AVOID LOCATIONS & CROWDS THAT ELEVATE RISK FOR INFECTION FROM OTHERS
- 4** USE VIRTUAL PLATFORMS FOR MEETINGS WHEN POSSIBLE
- 5** AVOID RISKY & DAMAGING HEALTH ACTIVITIES
- 6** TAKE CARE OF YOUR EMOTIONAL HEALTH: TAKE BREAKS FROM THE NEWS, GET OUTSIDE & SPEND TIME CONNECTING WITH OTHERS VIA PHONE, TEXT & EMAIL

DO YOUR PART
to keep healthy.