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## **COVID-19 Dairies Guidance**

The ND Department of Agriculture has developed the following guidance and recommendations for dairy farms to limit exposure and risk related to COVID-19. As always, it is critical to practice biosecurity for the safety of people and animals.

### **Protecting yourself and your coworkers**

1. Avoid close contact with sick people, both on and outside your dairy.
2. Avoid touching your eyes, nose, and mouth if you have not washed your hands.
3. Wash your hands frequently with soap and water for at least 20 seconds.
4. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
5. Wash your hands before you eat after working in the milk parlor or other areas of the dairy.
6. Always wear milking gloves.
7. Constantly change milking gloves.
8. Always take a shower and wash your work clothes when you get home after working in the dairy.
9. Keep the bathrooms and kitchen area in your workplace clean and disinfected.
10. Keep separate footwear for work and casual wear.
11. Provide a washing station for footwear or boots when entering or leaving a facility.

### **If you are sick**

1. Stay home.
2. Cover your nose and mouth with a tissue when coughing or sneezing, then throw it away and wash your hands.
3. Frequently clean and disinfect the objects and surfaces you touch.
4. Form emergency plans for your dairy in the event of an illness. (See the COVID-19 Continuity of Business Guidance.)