



BMUF Policy #Covid  
Effective Date: July 29, 2020  
Revised: August 12, 2020

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## COVID POLICY

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Purpose:

Big Muddy Urban Farm is dedicated to upholding resident safety while simultaneously providing the opportunity for residents to participate as fully as possible on Big Muddy Urban Farm premises.

Additional Authority:

CDC, Douglas County Health Department

Scope:

Residents and Staff

Responsible Party:

Executive Director, Brent Lubbert

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## POLICY

### I. General Information

Big Muddy Urban Farm is dedicated to upholding resident safety while simultaneously providing the opportunity for residents to participate as fully as possible on Big Muddy Urban Farm premises. Every Resident must do their part to limit the spread of COVID-19 where possible.

We must continue to be vigilant in preventing the spread of COVID-19. An outbreak at Big Muddy Urban Farm could jeopardize the community's health and well-being. Therefore, these guidelines – in force until further formal notice – carry the force of Big Muddy Urban Farm policy. Failure to adhere to these guidelines will be considered a breach of conduct.

### II. Resident Covid Protocols

- A. Residents must wear face coverings when interacting with the public.

- B. While in common spaces at the residency, such as the garage, the kitchen, and other common-use buildings, residents should maintain a minimum of 6 feet of separation from other individuals, even if wearing facial coverage.
  - 1. If six feet is not obtainable, Residents must wear a mask.
- C. Wash hands or use hand sanitizer with at least 60% alcohol immediately when entering any building and when exiting any building. Good hand hygiene is crucial.
- D. Wearing gloves is not a substitute for proper hand hygiene. Improperly used, removed, or disposed of properly, gloves represent a higher risk of transmitting infections than bare hands.
- E. Continue to avoid touching your eyes, nose, and mouth prior to washing hands.
- F. Continue to cover coughs and sneezes with a tissue, then throw tissue away and wash your hands.
- G. Do not share dishes, drinking glasses, cups, or eating utensils with others.
- H. Monitor for the following new or worsening symptoms:
  - 1. Feeling feverish or a measured temperature greater than or equal to 100.0 degrees F.
  - 2. Persistent cough
  - 3. Shortness of breath or difficulty breathing while at rest
  - 4. Chills
  - 5. Repeated shaking with chills
  - 6. Muscle pain
  - 7. Headache
  - 8. Sore throat
  - 9. Loss of taste or smell
  - 10. Diarrhea
  - 11. Known close contact with a person who is lab-confirmed to have COVID-19
- I. If you are experiencing symptoms of COVID-19, let Big Muddy Urban Farm Executive Director know immediately.
- J. In the event that residents must self-isolate, either due to confirmed or suspected contraction of COVID-19, residents will adhere to the “Self-Isolation Protocols” under “Housing.”

### **III. Screening and Testing**

The situation concerning COVID-19 is rapidly changing in Omaha, Nebraska. The following testing protocols are dependent on availability of testing resources and non-interruption of supply lines. If and as circumstances change, these protocols will be updated accordingly.

The CDC has indicated that the virus spreads:

- Mainly from person-to-person;

- Between people who are in close contact with one another (within about 6 feet); and
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks; these respiratory droplets can land in the mouths or noses of people who are nearby or possibly be inhaled.

#### A. Self Monitoring

1. All residents must continually self-monitor for any of the following new or worsening signs or symptoms of possible COVID-19:
  - a) Feeling feverish or a measured temperature greater than or equal to 100.0 degrees F.
  - b) Persistent cough
  - c) Shortness of breath or difficulty breathing while at rest
  - d) Chills
  - e) Repeated shaking with chills
  - f) Muscle pain
  - g) Headache
  - h) Sore throat
  - i) Loss of taste or smell
  - j) Diarrhea
  - k) Known close contact with a person who is lab-confirmed to have COVID-19

If the Resident notes a change in any of the following symptoms, they will contact the Executive Director. Dependent on symptoms and Clinic considerations, Residents may then be referred for follow up testing to verify the presence or absence of COVID-19.

#### B. Testing

1. Test Nebraska
  - a) To get a test, you first need to complete the assessment (visit [www.TestNebraska.com](http://www.TestNebraska.com) to access). It will provide you with upcoming testing locations that are available. You will be contacted via email with test results within about 72 hours. The information will be sent to the email address you provided when answering the survey.
  - b) If you've tested positive, we'll ask you to answer some questions to help isolate the infection rate; for example, who you might have been in contact with and where you have traveled recently.
2. Charles Drew
  - a) Call 402-451-3553 to set up an appointment.

#### C. Communicating Test Results

1. Residents will share test results, positive or negative, by notification on the Big Muddy Urban Farm 2020 text thread. If positive, please share information immediately and proceed to self-isolation steps. Staff will reach out as soon as possible to respond to your needs as you go into self-isolation.

#### **IV. Housing**

COVID-19 housing protocols act as an addendum to current housing policies. For specific information about other housing policies please see the RESIDENT CODE OF CONDUCT.

##### **A. Face Coverings**

It is important that residents going between resident houses utilize face coverings or masks while entering into any common area, including within one's own resident house.

##### **B. Social Distancing**

1. Residents should minimize close contact with others. Big Muddy Urban Farm advises all community members to maintain good hygiene habits and to practice social distancing. More information about social distancing may be found on the [CDC website](#).

##### **C. Visitors**

1. No daytime or overnight visitors from off residences are permitted in one's assigned room at any time.
  - a) To request an exception, residents should contact the Executive Director. Exceptions will only be granted for extreme circumstances.

##### **D. Travel**

1. Non-essential travel of any kind is discouraged for all community members.

##### **E. Shared Bathrooms**

1. Residents are encouraged to take measures to protect their health when using the bathroom in their assigned residence. For more information on cleaning please see the section titled "CLEANING"
2. Use proper handwashing techniques each time you use the bathroom.
3. Do not share toiletries with others.
4. Avoid placing toothbrush and other personal items directly on counter surfaces.

5. Use tote for all person items to limit their contact with surfaces in the bathroom.

#### F. Cleaning

1. Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
2. If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
3. Use a household disinfectant. Most common EPA-registered household disinfectants will work.
4. CDC Guidelines on “How to Clean and Disinfect”:
  - a) <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-yourhome.html>

#### G. If You Are Experiencing Symptoms

1. If you are experiencing symptoms of COVID-19, call the Executive Director.

#### H. Definitions of Covid Exposure

1. Quarantine
  - a) A Resident who is confirmed to have tested positive for COVID-19 or who are symptomatic and awaiting results of a COVID-19 test.
2. Self-isolating
  - a) Asymptomatic residents who are suspected to have potential exposure to an individual who has tested positive for COVID-19 or who is suspected of potential exposure to COVID-19 after travel

#### I. Protocol

1. Both Quarantining and self-isolating residents are required to quarantine/self-isolate in their private bedroom at the residency or off-campus site of their choosing. While quarantining or self-isolating, the resident should:
  - a) Stay home except to get medical care.
  - b) Separate from other members of one’s household.
  - c) Monitor one’s symptoms.
  - d) Call ahead before visiting one’s doctor.
  - e) Wear a face covering over one’s nose and mouth.
  - f) Cover one’s coughs and sneezes.
  - g) Clean one’s hands often.
  - h) Avoid sharing personal household items.
  - i) Clean all “high-touch” surfaces every day.

- J. Further information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-aresick/steps-when-sick.html>.
- K. Any individual who is required to *quarantine* will not be permitted to return to farm duties or common areas until the following parameters are met:
1. At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and
  2. At least 10 days have passed since symptoms first appeared.
- Or
3. The resident has been confirmed not to have COVID-19 by two negative tests in a row, at least 24 hours apart.
- L. Any individual who is required to *self-isolate* will not be permitted to return to farm duties or common areas until the following parameters are met:
1. The resident has been confirmed not to have COVID-19 by one negative test.
- M. In-Residency Self-Isolation
1. If a resident does not wish to quarantine or self-isolate off premises, the resident will quarantine or self-isolate within their assigned private room.
  2. If an asymptomatic resident who is suspected of exposure to COVID-19 wishes, they may self-isolate at their own off-premise site of their choosing.
  3. In addition, fellow residents and other potential contacts of any resident who test positive for COVID-19 will be encouraged to consider self-isolation for a period of 14 days. The incubation period of COVID-19 can be up to 14 days, and the virus can be spread up to 2 days before the development of symptoms.
  4. Residents choosing to self-isolate in residence will adhere to the following protocols:
    - a. Residents will check their temperature with a thermometer in the morning and in the afternoon and inform the Executive Director by filling out a spreadsheet in the resident google drive
    - b. Residents will self-monitor for the development of any symptoms of COVID-19.
    - c. Residents in self-isolation are required not to use the kitchen for the purposes of limiting the spread of Covid to fellow residents. Exceptions can be made by contacting the Executive Director. With the residents communication, meals during self-isolation will be coordinated by either friends or Big Muddy staff.
    - d. Staff will be on call to assist residents with their personal needs (medication pickup, delivery of hygiene supplies, etc.)

- e. Residents will coordinate laundry services with Big Muddy Urban Farm Staff.
- f. Residents will refrain from using the upstairs bathroom and use the basement bathroom in both houses.

N. What happens if you do not comply with these protocols?

- 1. It is important that everyone adhere to these policies for your own well-being and for the well-being of those around us--other residents, and staff, and our Omaha-area neighbors, especially those who are elderly, immunocompromised, or otherwise vulnerable to COVID-19. Failure to comply with the expectations above may therefore result in a referral to the Board. Interim disciplinary measures—including immediate removal from housing—may also be taken to protect Big Muddy Urban Farm and surrounding community members.

**V. Farm Duties**

A. Face coverings and Gloves

- 1. Residents will wear face coverings while harvesting and during markets/pickups.

B. Social distancing

- 1. Residents and staff must keep at least six feet away from each other and the public when at all possible. When social distancing is not feasible for a specific task, please use other prevention measures, such as use of barriers to block sneezes and coughs. Face coverings are considered barriers.
- 2. Suggestions to achieve social distancing (at least six feet) in agricultural work:
  - a) Stagger tasks and work shifts so residents and staff do not crowd workspace
  - b) Limit work to only necessary tasks and organize work to allow for six-foot distancing.
  - c) In the field, assign and enforce tasks to maintain a distance of at least six feet between people.
  - d) In the post-harvest process, slow processing pace if needed.
  - e) Reorganize work and break up tasks to facilitate social distancing. Consider shifting the location of tools used.

C. Hand Washing

1. Residents and Staff must wash hands frequently and effectively when they arrive at work, leave their workstations for breaks, use the bathroom; before and after they eat or drink or use tobacco; and after touching any surfaces or tools touched by others.

D. Regular cleaning and sanitizing of common-touch surfaces

1. Ensure floors, counters, and other surfaces are regularly cleaned with water and soap, or other cleaning liquids, to prevent build-up of dirt and residues that can harbor contamination.
2. Follow effective cleaning procedures and use protective gloves and eye/face protection (face shields and/or goggles) when mixing, spraying, and wiping with liquid cleaning products, like diluted bleach.

E. Resident involved with contact tracing

1. If a resident has been informed they were in close proximity to an infected individual, the resident must stop performing farm tasks, allow contingency plans to take effect, get a test as soon as possible, self-isolate, and await test results to return to farm tasks.

F. Resident showing Covid Symptoms

1. If a resident shows symptoms of Covid as described in section III.A of this policy, the resident must immediately
  - a) Stop performing farm tasks and follow self-isolating procedures.
  - b) Notify the Executive Director
2. Upon notification of a resident being sick, The Executive Director will notify the full team (residents and staff) of the occurrence and direct the full team to not enter areas where the resident was until deep cleaning and sanitation of all surface areas the resident touched is performed.

**VI. Contingency Plan**

- A. When residents or a group of residents go into self-isolation to limit the spread of Covid, this puts a burden on the existing team to fulfil farm duties. Big Muddy Urban Farm is made up of a community of supportive individuals and the following is a list of people to contact based on need:

\*\* Contact Information is kept on internal policy documents only for privacy protection