

THE DAIRY CULTURE COACH

Helping You Manage Your Multicultural Team for Success



In this issue:

Spanish Webinar: Mastitis Treatment Decisions <i>Decisiones para el tratamiento basado en el tipo de mastitis</i>	4
Growing Great People Webinar	5
Bring Your Own Bag <i>Traiga su Propia Bolsa</i>	6

COVID-19 Vocabulary

Sick - Enfermo

Dry cough - Tos seco

Fever - Fiebre

Difficulty breathing -
Dificultad en respirar

Quarantine - Cuarentena

Tissue – Pañuelo
desechable

Wash your hands- Lavar
las manos

Reliable Resources for Spanish- & English- Speaking Farmworkers about COVID-19

The Coronavirus is spreading rapidly across the world. Although cities have the most sick people, the disease has reached rural communities of New York as well. Everyone needs to take this very seriously.

Agriculture is an essential business, so many of us will continue to go to work. However, we all need to take precautions to stay safe and help prevent further spread of the disease. The key things to do are limit contact with other people and keep everything very clean. Here are some of the most important things for you to do:

1. Wash your hands frequently with warm, soapy water. Don't touch your face.
2. Clean your house and workplace very often. Disinfect surfaces that are touched frequently, such as faucets, doorknobs, cell phones, light switches, etc. CDC guidance here in [English](#) and [Spanish](#).
3. Practice social distancing at work and in public. Stay at least 6 feet away from people. Don't shake hands.
4. Do not go out unless necessary, and even then as little as possible. (For example, only go to town once a week or every other week to buy groceries, go to the bank, or do other necessary errands.) In New York State right now the government says NO social gatherings (parties, celebrations, soccer games, etc.) are allowed.

It's important that we get information about the virus from reliable resources. Below are resources to help you find answers to common questions:

What is the Coronavirus?

- I-min video explains the Coronavirus: <https://www.trabajadores.cornell.edu/>
 - Link "otros lenguas indígenas haga clic aqui" has this video in just many of the indigenous languages of Central America
 - Basic information: <https://www.calstrawberry.com/Portals/2/Documents/COVID-19%20Sp.pdf?ver=2020-03-11-105411-413>

(Spanish) <https://www.calstrawberry.com/Portals/2/Documents/COVID-19.pdf?ver=2020-03-11-090240-703> (English)

What should I do to protect myself?

- CDC website <https://espanol.cdc.gov/enes/coronavirus/2019-ncov/index.html> (Spanish) <https://www.cdc.gov/coronavirus/2019-ncov/index.html> (English)
 - How it spreads
 - How to protect yourself and others
 - What to do if you are sick, what the symptoms are
 - Cases in the US
- “Protect Yourself and Your Family from COVID-19” Flyer https://coronavirus.health.ny.gov/system/files/documents/2020/03/13067_es.pdf (Spanish) <https://www.health.ny.gov/publications/13067.pdf> (English)

What new rules are in place in New York?

- Governor Cuomo placed **"New York State on PAUSE"** with 10-point policy to assure safety for everyone in New York. <https://coronavirus.health.ny.gov/el-plan-nys-pause> (Spanish) <https://coronavirus.health.ny.gov/new-york-state-pause> (English)

The plan applies to everyone as follows:

1. Effective at 8PM on Sunday, March 22, all non-essential businesses statewide will be closed;
2. **Non-essential gatherings of individuals of any size for any reason (e.g. parties, celebrations or other social events) are canceled or postponed at this time;**
3. **Any concentration of individuals outside their home must be limited to workers providing essential services and social distancing should be practiced;**
4. **When in public individuals must practice social distancing of at least six feet from others;**
5. Businesses and entities that provide other essential services must implement rules that help facilitate social distancing of at least six feet;
6. Individuals should limit outdoor recreational activities to non-contact and avoid activities where they come in close contact with other people;
7. Individuals should limit use of public transportation to when absolutely necessary and should limit potential exposure by spacing out at least six feet from other riders;
8. **Sick individuals should not leave their home unless to receive medical care and only after a telehealth visit to determine if leaving the home is in the best interest of their health;**
9. Young people should also practice social distancing and avoid contact with vulnerable populations; and
10. **Use precautionary sanitizer practices such as using isopropyl alcohol wipes.**

Where are there cases of COVID-19 in New York?

- NYSDOH COVID-19 Tracker: <https://covid19tracker.health.ny.gov/views/NYS-COVID19-Tracker/>

What should I do if I get sick?

- CDC Guidance in Spanish: <https://espanol.cdc.gov/enes/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> and English: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
 1. Stay home except to get medical care. Tell your employer you are sick. There is help for people who can't work because of COVID-19, and you must apply through your employer.
 2. Stay in touch with your doctor. Here are some local health centers you could call: Finger Lakes Community Health: 315-531-9102, Hudson River Healthcare: 844-HRH-CARE, Oak Orchard Community Health: 585-637-3905
 3. Stay away from others, as much as possible. You should stay in a specific "sick room" if possible, and away from other people and pets in your home. Use a separate bathroom, if available.
 4. Call the doctor before going. Many doctor's offices, hospitals, and urgent care centers request that patients call first right now to prevent too many people from being at the office together. If you are not in need of immediate medical attention, you may be able to see the doctor via a "telehealth" appointment over your phone, without needing to leave your home.
 5. Wear a cloth covering over your nose and mouth if you must be around other people (even at home).
 6. Cover your coughs and sneezes.
 7. Clean your hands often.
 8. Avoid sharing personal household items, like dishes, cups, or bedding.
 9. Clean and disinfect all "high touch" surfaces every day.
 10. Monitor your symptoms. If you are having trouble breathing, seek medical attention, but call first.
- If you are worried that you might have COVID-19 and want to be tested, find more information here: <https://coronavirus.health.ny.gov/covid-19-testing>. You can do an online assessment and pre-register for testing. (Click the "translate" button to translate the page to Spanish).
- Contact your county health office (<https://www.nysacho.org/directory/>) or call the NY State COVID-19 hotline: 1-888-364-3065 for more information. (You may need to ask for help from someone who speaks English to call).

What should I do if someone else in my workplace tests positive for COVID-19?

- Communicate with the manager at your workplace with any questions or concerns.
- When someone tests positive, the county health office will provide guidance on how the person should isolate and monitor their symptoms until they are safe to go back to work.
- Do NOT leave to get away from the virus! If you leave, you might spread the virus. The government is directing everyone in New York to stay where they are.

What help is there for people who can't work because of

COVID-19?

- Talk with your employer, there are several government programs to help businesses and employees through this health emergency.
- NYS COVID-19 Paid Sick Leave: <https://paidfamilyleave.ny.gov/system/files/documents/2020/03/covid-19-sick-leave-employees.pdf>
- Federal Families First Coronavirus Response Act- Paid Sick Leave & Expanded Family and Medical Leave:
 - English: https://www.dol.gov/sites/dolgov/files/WHD/posters/FFCRA_Poster_WHI422_Non-Federal.pdf
 - Spanish: https://www.dol.gov/sites/dolgov/files/WHD/posters/FFCRA_Poster_WHI422_Non-Federal.pdf

I'm feeling lonely, stressed, or scared. What can I do?

- Stay in contact with friends and family. Use WhatsApp, Facebook Messenger, or FaceTime to set up a time to chat. Instead of visiting friends or family at a nearby farm, eat dinner together over a video call!
- Take some time to meditate or relax. This link has meditations and guides to help you sleep better. <https://www.headspace.com/ny-es> (Spanish) <https://www.headspace.com/ny> (English)
- Call the COVID-19 Emotional Support Hotline at 1-844-863-9314 for mental health counseling (press 2 for Spanish).

For a PDF of this document, as well as a Spanish version that you can share directly with your workers, visit <https://agworkforce.cals.cornell.edu/2020/04/08/reliable-resources-for-spanish-english-speaking-farmworkers-about-covid-19/>

Webinar in Spanish: Milk Quality Part II- Treatment Decisions Based on Mastitis Type

April 29, 2020 at 12:30 p.m. EST

Presenter: Dr. Paula Ospina

Although mastitis results in changes in milk quality, it is not always caused by the same bugs. Treatment and management decisions should reflect these differences. This webinar will focus on the differences in treatment and management practices based on mastitis type (environmental vs. contagious).

Calidad de Leche Parte II– Decisiones para el tratamiento basado en el tipo de mastitis. Aunque la mastitis siempre resulta en cambios en la calidad de leche, no es siempre causada por las mismas bacterias. Decisiones de tratamiento y manejo deben de tener esto en cuenta. Este entrenamiento enfocará en las diferencias en tratamiento y manejo basado en el tipo de mastitis (del medio ambiente vs. contagiosas). To join this webinar or view past recordings: <https://prodairy.cals.cornell.edu/webinars/>



Cornell Cooperative Extension

AGRICULTURAL WORKFORCE DEVELOPMENT

Growing Great People: Training Skills for Dairy Farmers Become an Effective On-The-Job Trainer

Effective trainings contribute to success of employees and the farm business. With training employees learn how to effectively complete their task and why it is important to the farm. When employees have the knowledge, skills, and attitude needed to do the job right and understand why it should be done this way it:

- saves time and avoids problems
- makes people feel important and involved, which keeps them engaged and reduces employee turnover



Develop your training skills in this webinar training that includes a learning system of:

TELL: Describe the procedure and why it is important

SHOW: Demonstrate the procedure and emphasize key points

DO: Allow the learner to try and answer any questions

REVIEW: Are the steps in the procedure done correctly?

After the webinar training you will be able to:

1. Plan for organized and effective trainings
2. Train in a way that works for most people
3. Measure and follow up to make sure learning happened

These trainings are supported by a grant from the New York Farm Viability Institute.



Cornell CALS
College of Agriculture and Life Sciences

Diversity and inclusion are a part of Cornell University's heritage.
We are a recognized employer and educator valuing AA/EEO, Protected Veterans and Individuals with Disabilities.

WEBINAR TRAININGS

The four hands-on regional training workshops previously scheduled for April 14 to 21, 2020 are cancelled to protect public health from the novel coronavirus outbreak.

Separate webinars will be offered in English and Spanish.

In-person trainings conducted simultaneously in English and Spanish will be rescheduled in fall.

April 14 - English
6:30 to 8:00 PM
cornell.zoom.us/j/220191306

April 16 - Spanish
12:00 to 1:30 PM
cornell.zoom.us/j/293244800

Webinar participation is
FREE

Registration is
NOT REQUIRED

The webinars will be recorded and available after the event on the Ag Workforce Development website.

agworkforce.cals.cornell.edu

¡YA NO TIRE MÁS DESHECHOS!

A PARTIR DEL 1 DE MARZO DE 2020, NYS PROHIBIRÁ EL USO DE BOLSAS PLÁSTICAS



#BYOBAGNY

¿Tiene alguna pregunta sobre la prohibición de bolsas plásticas en NYS?
Visite <https://on.ny.gov/byobagny>

TRAIGA SU PROPIA BOLSA

A PARTIR DEL 1 DE MARZO DE 2020, NYS PROHIBIRÁ EL USO DE BOLSAS PLÁSTICAS

LOS NEOYORQUINOS USAN MÁS DE 23 MILLONES DE BOLSAS PLÁSTICAS AL AÑO.



Su uso promedio es de 12 minutos
Tardan más de 500 años en desintegrarse
Dañan a los peces y a la vida silvestre
Ocupan espacio valioso en los vertederos de basura
Obstruyen la maquinaria de las instalaciones de reciclaje



Tienen una vida útil más prolongada
Conservan los recursos naturales
No dañan a los peces ni a la vida silvestre
Dan lugar a una mayor reducción de desechos
No perduran como basura en el ambiente

CONÉCTESE CON NOSOTROS



Department of Environmental Conservation
www.dec.ny.gov



STOP THE WASTE!

NYS PLASTIC BAG BAN BEGINS MARCH 1, 2020



#BYOBAGNY

Questions on the NYS Plastic Bag Ban?
Visit <https://on.ny.gov/byobagny>

BRING YOUR OWN BAG

NYS PLASTIC BAG BAN BEGINS MARCH 1, 2020

NEW YORKERS USE MORE THAN 23 BILLION PLASTIC BAGS A YEAR.



Are used an average of 12 minutes
Take 500+ years to break down
Harm fish and wildlife
Take up valuable landfill space
Clog machinery at recycling facilities



Have a longer useful life
Conserve natural resources
Don't harm fish and wildlife
Lead to greater waste reduction
Don't persist in the environment as litter

CONNECT WITH US



Department of Environmental Conservation
www.dec.ny.gov



Cornell Cooperative Extension

Northwest NY Dairy, Livestock and Field Crops Program

Serving Genesee, Livingston, Monroe, Niagara, Orleans, Ontario, Seneca, Wayne and Wyoming Counties.

Check out our website!

<https://nwnyteam.cce.cornell.edu>



Stay tuned for the next issue of *The Dairy Culture Coach* in June. To sign up, email Libby.

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Did You Know?

Finger Lakes Community Health is now serving the following counties: Livingston, Wyoming, Genesee, Allegany and western Steuben.

Farmworkers can register by calling the Perry Office Service at 315-399-8567 or 315-418-5014. Medical services are provided by Lakeville Family Medicine.

Additional office locations are Bath, Dundee, Geneva, Newark, Ovid, Penn Yan, Port Byron & Sodus. More information on FLCH here: <https://localcommunityhealth.com/>.

FLCH is now offering video consultations by phone or computer. Patients can call to schedule an appointment or change an existing appointment to video consultation.

Hable con su doctor sin venir a la clínica! (315) 781-8448 Ofrecemos consultas de video por teléfono o computadora. Llámenos hoy para hacer una cita o para cambiar su cita que ya tiene a consulta de video.