



Standard

Fireweed Food Co-op adheres to the Manitoba government policies and procedures regarding COVID-19. A comprehensive list of information and resources can be found at: <https://manitoba.ca/covid19/>.

For more information on “Keeping Employees Safe,” including the right for employees to refuse unsafe work, refer to this website:

<https://manitoba.ca/covid19/infomanitobans/workplaces.html>

Policy

Fireweed Food Co-op (FFC) places the safety of staff, board members, vendors and the community with utmost importance and strives to avoid or significantly limit the risk of exposure.

The FFC Board of Directors and staff will eliminate or reduce the amount of in-person meetings. If an in-person meeting is required, ensure you follow the social distancing and sanitation procedures outlined below. FFC has access to a Zoom login account for virtual meetings.

All public-facing operations will ensure safety of the community. FFC will work to minimize prolonged contact, implement extra sanitization of frequently touched (doors, tables, etc.) surfaces and use contactless packaging, purchasing and delivery options (when possible).

FFC will limit in-person contact, but where necessary social distancing will be implemented for all staff, volunteers and community members.

FFC will require all vendors/producers/suppliers we work with to read and adhere to this Safety Policy.

Procedure

1. Minimizing Prolonged Contact & Enabling Social Distancing

A limited number of people will be allowed into the Food Hub and/or Farmers’ Market area for purchasing goods so as to safely allow for social distancing.

As per the recommendation of Direct Farm Manitoba, Fireweed Food Co-op has canceled and/or adapted the 'extra' events and programming at our markets to be COVID-19 safe. For example, we will not have a craft table, but instead, will occasionally hand out craft kits and/or offer chalk in bags which will be sanitized between each use. Our beer garden will be outside the market area so as to not interfere with market goers and will only allow a limited number of patrons within the space at all times. In addition, chairs will be spaced apart to allow for social distancing and our tables will be frequently disinfected. As for music, we will appropriately position our music tent to ensure a safe distance between customers and buskers, in addition to sanitizing our sound equipment between each use.

2. Packaging, Purchasing and Delivery

Packaging:

- Wash hands (see directions below)
- Wear gloves and masks, when possible, to prepare inventory for sale and delivery.
- If you touch an un-sanitized surface or your face, change your gloves.

Contactless Purchasing & Delivery (when possible)

- Purchases can be made in advance online and will identify a delivery or pick-up time. FFC staff and volunteers will not enter buildings for delivery purposes. The purchaser can leave directions for the delivery person to avoid in-person contact.
- A limited number of people will be allowed into the Food Hub and/or Farmers' Market area for purchasing goods. We will encourage customers waiting in line to stand 2 metres / 6 feet away from each other.
- We've asked our market vendors to offer contactless payment options when possible.
- Once an in-person sale is made, the order will be packaged using the above contactless method and placed in a nearby location for the purchaser to carry out.
- Staff, volunteers, etc. will wash hands or use hand sanitizer between customers. A handwashing station and hand sanitizer will be made available for staff, volunteers and the public.

3. Sanitization and Disinfection (for frequently touched surfaces)

FFC will implement extra sanitization of frequently touched surfaces, such as beer garden tables, door knobs, counters, and sound equipment, in addition to sanitizing before using food-related equipment.

To sanitize we still sanitize clean-in-place at 100 ppm of chlorine, the 5 ml household bleach to 750 of water is too high. To make a solution of 100 ppm of chlorine, use 5 ml of household bleach with 2 ½ litres of water OR 1 tsp of household bleach with 10 cups of water. AND NO RINSING OFF with water, must air dry. For food service, only

approved food grade sanitizers are allowed, so the household bleach, food grade quats are not acceptable for food contact surfaces.

Disinfecting kills germs using diluted bleach (20ml (4 teaspoons) bleach for every Litre of water), alcohol solutions with at least 70 percent alcohol or EPA-registered household disinfectants. This amount of chlorine bleach at 1000 ppm should only be used on frequently touched items, door knobs, hand railing, light switches etc. and should be used with gloves. Ensure the disinfectant is on the surface/object for one minute. People should wear disposable gloves when cleaning and disinfecting surfaces and objects, and wash their hands for at least 15 seconds. If you do not have access to water and soap, use an alcohol based sanitizer. For soft surfaces and items such as carpeted flooring, rugs and curtains, clean with appropriate cleaners indicated for use on these surfaces/items or, wash in the washing machine using hot water if possible.

4. Reducing Risk of Infection

People are encouraged to take common prevention measures, including regular handwashing with soap and warm water for at least 20 seconds. Make sure to dry your hands thoroughly. You can also use an alcohol-based hand cleanser if your hands are not visibly dirty. It is especially important to clean your hands:

- after coughing or sneezing
- when caring for a sick person
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty

You should also cover your mouth and nose with a tissue when coughing or sneezing, or you can cough or sneeze into your sleeve. Throw used tissues in the garbage and immediately wash your hands, or use an alcohol-based hand cleanser. Avoid close contact (within two metres or six feet) with anyone showing symptoms of a respiratory illness, such as coughing or sneezing. Children and adolescents should avoid sharing food or drinks (e.g., sippy cups and water bottles), musical instruments or other things that have been in a person's mouth or hands.

5. Social Distancing

Social (physical) distancing works by limiting the number of people that you, and your family, come into close contact (within two metres/ six feet). Health officials in Manitoba have already recommended many kinds of social (physical) distancing, including school closures, changes in workplaces and the cancellation of public gatherings where close contact cannot be avoided.

6. Self-Isolation and Self-Monitoring

Self-isolation/quarantine is strongly recommended for an individual that has travelled outside of the Province within the last 14-days, an individual with cold symptoms, or an individual that is suspected of having, or known to have, COVID-19 (this includes, but is not limited to, any food production employees of FFC's vendors/producers/suppliers). Like self-isolation for well people who are exposed to a virus, people with symptoms must stay home and keep away from other people. This includes their household members, until they are no longer considered contagious, which is currently known to be a 14-day period.

To self-monitor for symptoms means to record your temperature twice daily, as well as monitor your general well-being to see if/when other symptoms develop (e.g., cough, sore throat, runny nose, shortness of breath and difficulty breathing).

If an individual has been self-monitoring and starts to experience fever, cough, shortness of breath, breathing difficulties or any other symptoms while at work, they should immediately separate themselves from coworkers and all other people, and call Health Links - Info Santé to determine the best course of action.

Community Screening Locations are listed here:
<https://manitoba.ca/covid19/locations.html>.

Hand Washing Using Soap

- Wash your hands frequently with soap and water for at least 20 seconds. Alcohol-based hand cleansers are useful when soap and water are not available. In most cases antibacterial soap is not necessary for safe, effective hand hygiene.
- Remove any hand or arm jewellery you may be wearing and wet your hands with warm water. Add regular soap and rub your hands together, ensuring you have lathered all surfaces for at least 15 seconds. How long is 15 seconds? The length of time it takes to sing Happy Birthday.
- Wash the front and back of your hands, as well as between your fingers and under your nails.
- Rinse your hands well under warm running water, using a rubbing motion.
- Wipe and dry your hands gently with a paper towel or a clean towel. Drying them vigorously can damage the skin.
- Turn off the tap using the paper towel so that you do not re-contaminate your hands. When using a public bathroom (which should be avoided, if possible), use the same paper towel to open the door when you leave.

- If skin dryness is a problem, use a moisturizing lotion.
- If you have sensitive skin or are in a position where you must wash your hands constantly (as a healthcare worker must), you might want to use an alcohol-based hand rub instead.

Using Alcohol-based Hand Rubs

- An alcohol-based hand rub can be used if soap and water are not available.
- If your hands are visibly soiled, it is best to use soap and water. If it's not possible to wash with soap and water, use towelettes to remove the soil, then use an alcohol-based hand rub.
- Use hand rubs according to the manufacturer's instructions. Make sure your hands are dry, as wet hands will dilute the product.
- Use enough product to cover all the surfaces of your hands and fingers.
- Rub your hands together until the product has evaporated. If dry skin is a problem, use a moisturizing lotion.