



A partnership between Cornell University and CCE Associations in these nine counties: Genesee, Livingston, Monroe, Niagara, Ontario, Orleans, Seneca, Wayne and Wyoming.

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In this issue:

Flu Season is Here	2
<i>Influenza (gripe)</i>	3
Influenza (flu)	4
Somatic Cell Count / <i>Conteo de Células Somáticas</i>	5
Keep SCC Low / <i>Mantener bajo el CCS</i>	6

THE DAIRY CULTURE COACH

Helping You Manage Your Multicultural Team for Success

COVID-19 Update

While it may seem that the Coronavirus pandemic is winding down, now is not the time to get complacent! With students going back to school in many areas, we’re entering a new season with many unknowns. In addition, flu season is here, another viral disease with similar symptoms to COVID-19.

Although at the beginning of the pandemic most positive cases were based in major cities, it’s now widespread in rural areas as well. As of September 21st, 98% of rural counties in the US have reported positive COVID-19 cases and 74% have reported at least one related death. The Rural Policy Research Institute at the University of Iowa posts [weekly updates](#) on these numbers.

The Western and Central regions of New York have maintained relatively high percentages of positive COVID-19 tests compared to other regions of NY. (Visit the [Percentage Positive Results by Region Dashboard](#) for the most recent results).

There have been numerous reports of COVID-19 cases amongst [agricultural workers](#) across the US– from Arizona to Washington, and across commodities.

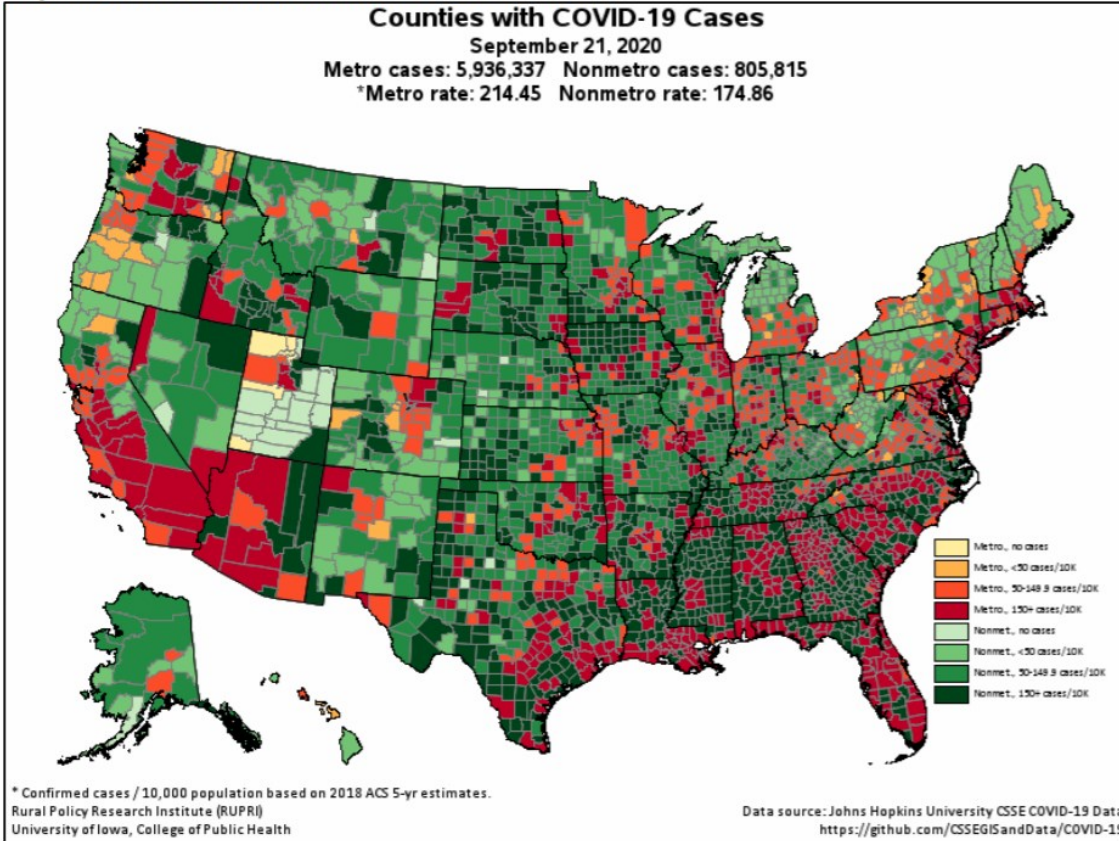
Here are a few things that you can do to keep your farm staff safe:

1. Stay vigilant. Continue best-practices such as limiting visitors to the farm and emphasizing cleaning and hygiene practices.
2. Review policies related to sick days with employees. When and who they should call if they are too sick to work, what they should do if they think they have COVID-19, and what [state](#) and [federal benefits](#) they may be entitled to if they do.
3. Share the updated “Reliable Resources for Farmworkers about COVID-19” with your employees in [English](#) or [Spanish](#).
4. If you haven’t already, complete a [NY Forward Business Safety Plan](#) for

Vocabulary

- vaccine— la vacuna
- flu—la influenza, el gripe
- protect yourself—
protéjase
- milk quality—la calidad de
leche
- bacteria—la bacteria
- white blood cells—los
glóbulos blancos
- autumn—el otoño
- frost—una helada

Map 1. Counties with confirmed COVID-19 Cases



your farm. This is required by law, and is a helpful exercise to reduce risk on your farm.

5. Consider conducting COVID-19 testing on your farm. A [new initiative through Ag & Markets](#) is offering free testing in Clinton, Genesee, Orleans, Ulster and Wayne counties. This is open to dairy as well as produce farms.

This graphic from the Rural Policy Research Institute shows just how widespread COVID-19 cases are. Check out their website for current statistics and an animated map showing the spread of COVID-19 cases across the US.

Note: Metro counties are shown in colors from yellow to red. Rural counties are shown in green.

Flu Season is Here– Are You Ready?

Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. CDC has worked with vaccine manufacturers to have extra flu vaccine available this flu season. Manufacturers have already begun [distributing flu vaccine](#) and will continue to distribute vaccine throughout the season. CDC recommends getting a flu vaccination in September or October but getting vaccinated anytime during the flu season can help protect you.

For more info from the CDC on this year’s flu season: <https://www.cdc.gov/flu/season/index.html>

A number of the clinics that serve the local immigrant farmworker population are willing to come out to farms to offer the flu vaccine (and any other needed vaccine, such as tetanus). If you have a number of employees that want to get vaccinated, you could reach out to your clinic and set up a date to have them come to the farm.

West of Rochester: [Oak Orchard Health](#)– Sandra Rivera (585-589-5613 ext 142, srivera@oochc.org), Estela Sanchez Cacique (585-755-1269, esanchez-cacique@oochc.org) or Anthony DiBenedetto (585-637-3905 x262, adibenedetto@oochc.org)

East of Rochester: [Finger Lakes Community Health](#)– Geneva location (315.781.8448)

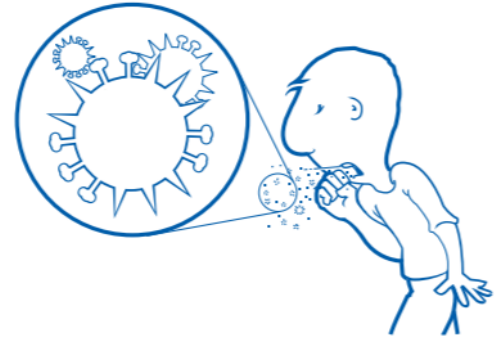
Debido a la pandemia del COVID-19, reducir la propagación de las enfermedades respiratorias, como la influenza, durante este otoño e invierno es más importante que nunca. Los CDC han trabajado junto a fabricantes de vacunas para que haya más cantidad de vacunas contra la influenza disponibles esta temporada. Los fabricantes ya comenzaron a [distribuir la vacuna contra la influenza](#) y seguirán distribuyéndola a lo largo de la temporada. Los CDC recomiendan vacunarse contra la influenza en septiembre u octubre, pero vacunarse en cualquier momento de la temporada de influenza puede ayudar a protegerle.

Para más información sobre la temporada de la influenza este año, visite: <https://espanol.cdc.gov/flu/season/index.html>

Influenza (gripe)

¿Qué es la influenza?

La influenza es una enfermedad causada por los virus de la influenza. La influenza puede causar tos, dolores de garganta y fiebre. Los pacientes además pueden tener congestión nasal o nariz tapada, dolores corporales, pueden sentirse cansados o manifestar otros síntomas que demuestran que no se sienten bien. La influenza ocurre todos los años y es más común en otoño e invierno en los EE.UU. y en México. Las personas de todas las edades pueden contraer la influenza, desde bebés hasta jóvenes adultos y ancianos.



La influenza en las persona

¿Las personas en los EE. UU. contraen influenza?

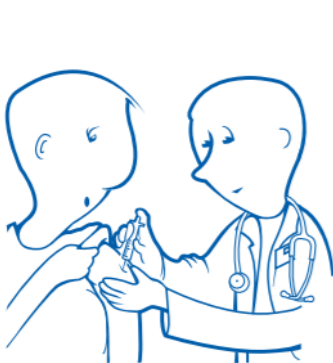
Los virus de la influenza se diseminan en todo el mundo. La influenza suele aparecer principalmente en los meses de otoño e invierno en los Estados Unidos. Muchas personas contraen la influenza cada año. También hay influenza en otras partes del mundo. Pero la época del año en la cual suele aparecer más comúnmente puede variar.



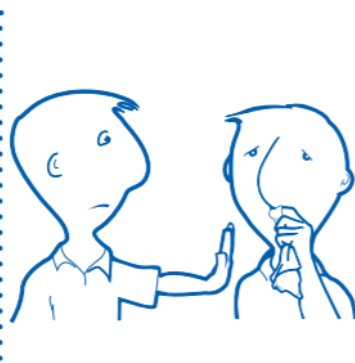
Prevención y tratamiento

¿Qué puedo hacer para protegerme del contagio?

Los CDC recomiendan tomar estas medidas para combatir la influenza:



Vacúnese



Manténgase alejado de las personas enfermas.



Lávese las manos frecuentemente con agua y jabón. Si no dispone de agua y jabón, utilice un desinfectante para manos a base de alcohol.

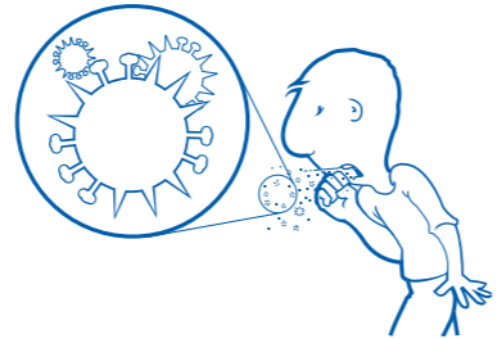


Tome los medicamentos tal como lo recomiende su médico.

Influenza (Flu)

What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



Flu in People

Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.



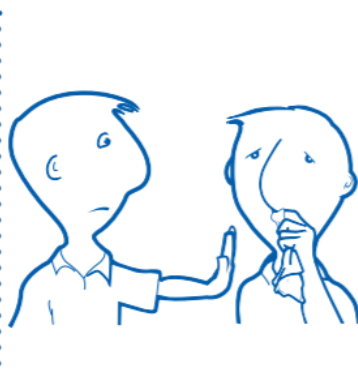
Prevention & Treatment

What can I do to protect myself from getting sick?

CDC recommends these steps to fight the flu:



Vaccination



Stay away from people who are sick.



Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.



Use medication the way your doctor recommends it.

What is Somatic Cell Count?

Ask your average farm employee what somatic cell count is, and they'll most likely shrug, or say something like "milk quality" or "bacteria."

Can you give me a better answer? Somatic Cell Count is such an important metric for tracking and assessing milk quality, and yet I find that we consistently fail at training milkers (the people who have the most consistent, direct effect on it) on what it actually is!

Here's a simple way to break it down:

Somatic Cells (also called white blood cells) defend the body from infections. The body always keeps a certain level of somatic cells in the bloodstream, ready to race to the site of infection and defend the body by killing the infection-causing bacteria. When the infection is in the udder, the somatic cells go there. In this way somatic cells end up in the milk.

Somatic Cell Count (SCC) refers to the amount of somatic cells found in a mL of milk. So an SCC of 100,000 means that there are 100,000 somatic cells in one mL of milk! All milk is tested by taking a sample from the bulk tank. This composite sample provides an average SCC for the whole herd and is an indication of udder health.

The lower the SCC, the better (although all cows need some level of somatic cells to stay healthy). Keeping SCC around 100,000 is a goal that many farms shoot for. Cows with a SCC of 200,000 are considered to have subclinical mastitis (the milk still looks normal, but there is an infection in the udder). A cow with a clinical case of mastitis can have an SCC of 7,000,000 or higher!

When SCC goes up (either for an individual cow or for the whole herd) it's a sign that there is something going on. Turn the page for tips to keep SCC low!

Check out these [illustrated posters](#) from UW Madison to learn more about milk quality. Mire estos [panales ilustrativos](#) de UW Madison para aprender más sobre la calidad de leche.

¿Qué es el Conteo de Células Somáticas?

Al preguntar a muchas personas que ordeñan vacas "¿Qué son las células somáticas?" es probable que encojan los hombros y digan algo como "calidad de leche" o "bacterias."

¿Me puedes dar una respuesta mejor? El Conteo de Células Somáticas es una medida muy importante para monitorizar y evaluar la calidad de leche, pero pienso que constantemente fallamos en enseñar a ordeñadores (las personas que tienen el efecto más consistente y directo en las células somáticas) sobre qué es!

Aquí está una explicación simple:

Células Somáticas (también conocidos como glóbulos blancos) defienden al cuerpo contra infecciones. El cuerpo siempre mantiene cierto nivel de células somáticas en la sangre, listas para correr al sitio de la infección y defender el cuerpo contra las bacterias que causan la infección. Cuando la infección está en la ubre, las células somáticas van allá. Así es que las células somáticas acaban en la leche.

El Conteo de Células Somáticas (CCS) refiere a la cantidad de células que se encuentre en un mL de leche. Así que un CCS de 100,000 quiere decir que hay 100,000 células somáticas en un mL de leche! Toda la leche se prueba por tomar una muestra del tanque de leche. La muestra colectiva provee un CCS promedio para todas las vacas y es una indicación de la salud de las ubres.

Lo más bajo el CCS, lo mejor (aunque todas las vacas necesiten algún nivel de células somáticas para estar sanas). Mantener un CCS alrededor de 100,000 es una meta que muchas granjas tienen. Se considera que las vacas con un CCS de 200,000 tienen mastitis subclínica (se ve normal la leche pero hay una infección en la ubre). ¡Una vaca con mastitis clínica (leche anormal) puede tener un CCS de 7,000,000 o más alto!

Cuando sube el CSS, es un señal de algún problema. ¡De vuelta a la página para otros consejos sobre como mantener bajo las células somáticas!

How YOU Can Keep SCC Low

Bacteria is present everywhere on the farm. When it gets into the teat ends, it travels into the udder and causes trouble, including increased SCC and mastitis. To avoid this:

- Clean and disinfect teat ends
- Observe milk and udder for signs of mastitis
- Keep the milking parlor clean
- Don't spray cows with water

- Keep stalls clean, especially where the cow's udder will be
- Keep the alleys and walkways clean so cows don't walk through manure



Como TU puedes mantener bajo el CCS

La bacteria está presente por todos lados en la granja. Cuando entra en las puntas de las tetas, ¡llega a la ubre y causa problemas como CCS alto y mastitis! Para prevenir eso:

- Limpiar y desinfectar las puntas de las tetas
- Observar la leche y la ubre para señales de mastitis
- Mantener la parla limpia
- No esprayar las vacas con agua

- Limpiar bien las camas, especialmente donde estará la ubre de la vaca
- Mantener limpios los pasillos para que las vacas no caminen en estiércol

Cornell Cooperative Extension

Northwest NY Dairy, Livestock and Field Crops Program



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Check out our website!

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



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

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