

PROTECTING AGRICULTURAL WORKERS FROM COVID-19

What is COVID-19?

COVID-19 is a contagious respiratory illness caused by the new coronavirus.

Essential Work

Agricultural work is considered essential. Farmworkers help ensure an adequate food supply while many communities are under self-isolation and quarantine.

How does COVID-19 spread?

Close Personal Contact



Respiratory Droplets



Contaminated Surfaces



Common COVID-19 Symptoms



Dry cough



Who is most likely to become seriously ill from COVID-19?

- Adults 65+
- People with medical conditions, such as:
 - Heart Disease
 - Diabetes
 - Respiratory Diseases



Difficulty breathing



When do symptoms appear?

Symptoms may appear 2-14 days after being infected. However, you can infect others before you show any symptoms.

Or at least two of these symptoms:

Fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell



When to seek medical attention?

Please consult your medical provider if you are having trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, and/or bluish lips or face.

Note: Symptoms may vary from person to person.

HOW TO PROTECT YOURSELF & YOUR FAMILY FROM COVID-19

Cleaning and disinfecting



Wash your hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol.



Avoid touching your eyes, nose, and mouth without washing your hands.



Cough and sneeze into a tissue or flexed elbow. Dispose of tissue immediately after use.



Wear a cloth face covering (such as a scarf or bandana) in public places, including work.



When you get home from work, make sure to remove your work clothes (keep them separate from other clothes) and shower.



Clean and disinfect surfaces and objects you touch often (doorknobs, handles, restrooms, tables, water jug, tools, vehicles).



Avoid sharing personal items with others (food, cups, gloves, handkerchief).

Social Distancing

WORK

Reduce number of passengers when traveling to and from work.



Maintain a distance of 6 feet (2 meters) at all times when in the fields, orchards, vineyards, and packing houses.



Avoid social greetings such as handshakes, hugs, and fist and elbow bumps.



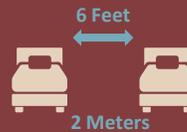
HOME

“Stay at Home Order”

Besides going to work, only leave home to perform essential activities (grocery shopping, medical care, laundry).



When possible, arrange sleeping areas to create a 6-foot (2-meter) distance between beds.



Avoid social gatherings and celebrations (birthday parties, weddings, BBQs).



The Imperial County Department of Social Services may be able to assist with some of your basic needs.

APPLY ONLINE

WWW.C4YOURSELF.COM

WWW.GETCALFRESH.ORG

APPLY BY PHONE

EL CENTRO (760)337-6800

BRAWLEY (442) 265-5300

APPLY IN PERSON

EL CENTRO OFFICE • 2895 S. 4TH STREET • EL CENTRO, CA 92443

BRAWLEY OFFICE • 860 MAIN STREET • BRAWLEY, CA 92227

BEHAVIORAL HEALTH CRISIS NUMBER **1-800-817-5292** COVID-19 INFORMATION LINE **1 (442) 265-5292**

