

# 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 Symptoms



**Fever**  
(above 100.4 °F/38°C)



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

- Older adults 65+
- People with medical conditions, such as:
  - Heart disease
  - Diabetes
  - Respiratory disease



**Dry Cough**



### When do symptoms appear?

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



**Difficulty Breathing**



### Where to get medical care?

Until June 20, 2020 the Ventura County Health Care Agency will not charge clinic visits due to symptoms related to COVID-19.

**Other symptoms include:** Fatigue and body aches.  
**Note:** Symptoms may vary from person to person.

For clinic locations, call the information center at:  
**(805) 677-5245** from 8:00am - 4:30pm.

# 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.



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



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).

## 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.

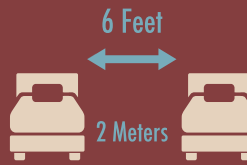


### HOME



**"Stay Well 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).



Scan for website



For more information, contact:



Farmworker Resource Program  
(805) 385-1899



WhatsApp Spanish Group: (805) 665-0986  
WhatsApp Mixteco Group: (805) 665-0980