

# 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?**

**Other symptoms include:** Fatigue and body aches.  
**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.



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

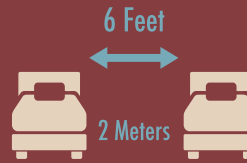
### HOME

Reduce number of passengers when traveling to and from work.



**"Stay Well at Home Order"**  
Besides going to work, only leave home to perform essential activities (grocery shopping, medical care, laundry).

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



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

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



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

For more information, contact:



UCLA  
Labor Occupational Safety & Health Program



UC DAVIS  
Western Center  
for Agricultural Health  
and Safety

