

# COVID-19: Symptoms, safety precautions, and farmworker resources

## What is COVID-19?

COVID-19 is a contagious disease that spreads through droplets when an infected person coughs, sneezes, talks, or breathes.



Fever or chills  
(above  
100.4°F/38°C)



Cough



New loss of  
smell or taste



Nausea or  
vomiting



Shortness of breath  
or difficulty breathing



Muscle or  
body aches



Sore throat



Headache



Diarrhea



Fatigue



COMMON  
SYMPTOMS  
not everyone  
has symptoms



Congestion or  
runny nose



Chest  
pressure



Severe  
difficulty breathing



CALL 911  
if you experience  
these symptoms

New confusion;  
inability to wake  
or stay awake



Bluish lips  
or face



## Healthcare Contact Information

### Camp Contact Information

Farm Name:

Camp Address:

Grower Name:



### Healthcare Services

Farmworker Health Program  
(Se habla español)

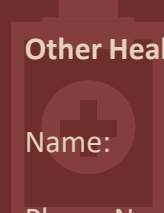
Outreach Coordinator:

Phone Number:

Other Health Center

Name:

Phone Number:

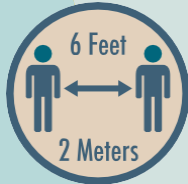


You are eligible for free screening & testing regardless of immigration status. COVID-19 testing & treatment are not considered a public charge.

# PROTECT YOURSELF, YOUR FAMILY, AND YOUR COWORKERS



**Wear a face covering over your nose and mouth**



**Maintain distance from others**



**Wash your hands often with soap and water**



**Get vaccinated**



## Staying Safe

### WORK

**Your employer must:**

**Adjust work to promote physical distance**

**Tell you if you have been exposed at work and offer free testing**

**Provide a face covering for free**

**Clean and disinfect the workplace**

**Promote hand washing**



### HOME



**Avoid gatherings and always wear a face covering around people you do not live with**



**Wear a face covering and roll down windows in vehicles**



**Clean and disinfect surfaces and objects that are touched often (vehicles, phone, doorknobs)**

## COVID-19 Vaccines are Safe

Vaccines "teach" the body to defend itself by creating defenses against a virus.

Vaccines are free to everyone regardless of immigration status.

Mild side effects like pain or swelling where the shot was given or feeling tired, having a headache, or chills are normal. This is a sign that your immune system is learning how to defend itself. Side effects usually last less than 2 days, and are less severe than the actual disease.

Vaccines **DO NOT** cause COVID-19, change your DNA, or cause infertility.

After vaccination, continue wearing a face covering, maintaining distance, and washing hands frequently.

## For more information, contact

**Farmworker Health Program (Spanish speakers available)**

Outreach Coordinator:

Phone Number:

**Other Health Center**

Name:

Phone Number: