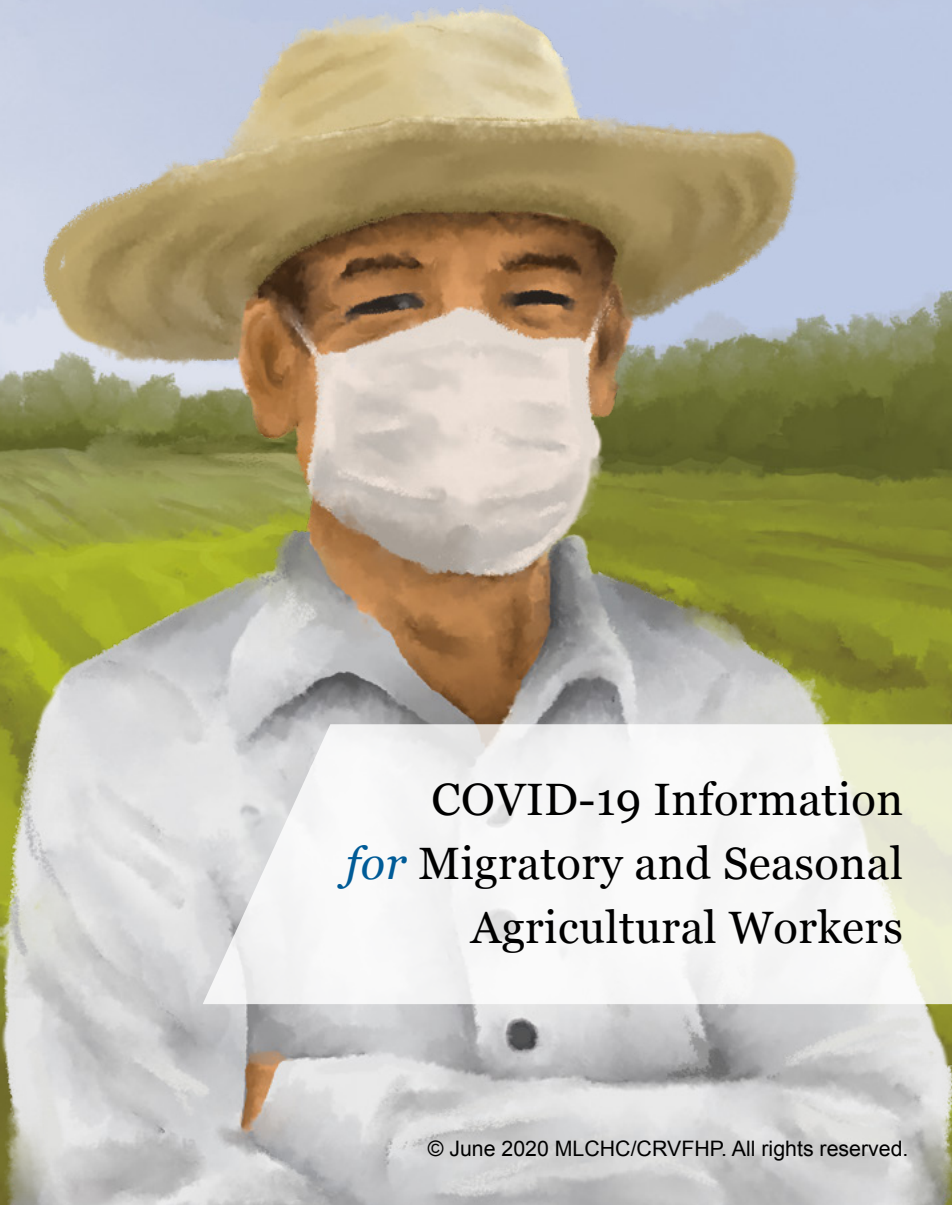


Protecting Yourself Against the **Coronavirus**



COVID-19 Information
for Migratory and Seasonal
Agricultural Workers

What is COVID-19 and How Does it Spread?

Coronaviruses are a large group of different viruses. The new coronavirus, COVID-19, is easily shared from person to person and can cause serious medical problems for some people. The virus spreads in the air when a person sneezes, coughs, shakes hands, or gets close to another person. Sometimes, a person who does not look or feel sick may have the virus and share it with others. This is why prevention is important.

How Can You Protect Yourself and Others From COVID-19?

Handwashing

Washing your hands often is the best way to stay healthy. Wash with soap and warm water for at least 20 seconds.

If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



**Do not touch
your face**



Social Distancing

Social distancing means that you should stay at least 6 feet (2 meters) away from other people.



6 FT • 2 M

Try to stay 6 feet from other people when working, in the camps, and in public places.



Avoid physical contact such as shaking hands or hugging other people.



Go to public places only when necessary and avoid large crowds.



Cover Your Nose and Mouth

Wear a mask or face covering when outside if you are near other people.

Cloth face coverings should:



Fit snugly but allow for comfortable breathing



Be secured with ties or ear loops



Include multiple layers of fabric



Be washable



Do not touch the outside of your mask after you wear it. The virus may be on it. Take the mask off with the loops or ties.

It is best to have two or more masks. Store your mask in a sealed paper bag when not in use.

Sanitize

Clean surfaces often with a disinfectant or sanitizing wipes.



Cell phones



Tools and equipment



Frequently touched surfaces
Door handles, light switches...



Remote controls



Furniture



Bathroom surfaces

What are the Symptoms of COVID-19?

The virus affects people in many different ways. Some people do not feel sick. Some people feel a little sick. Some people feel very sick and need to go to the hospital.

These symptoms may start 2-14 days after exposure to the virus:

**Fever*,
Chills Or
Shaking**



*If your temperature is 100.4°F/38°C or higher, you have a fever.

**Loss Of Taste
Or Smell**

Cough**

**Do not cough into your hand. Cover your mouth with your elbow.

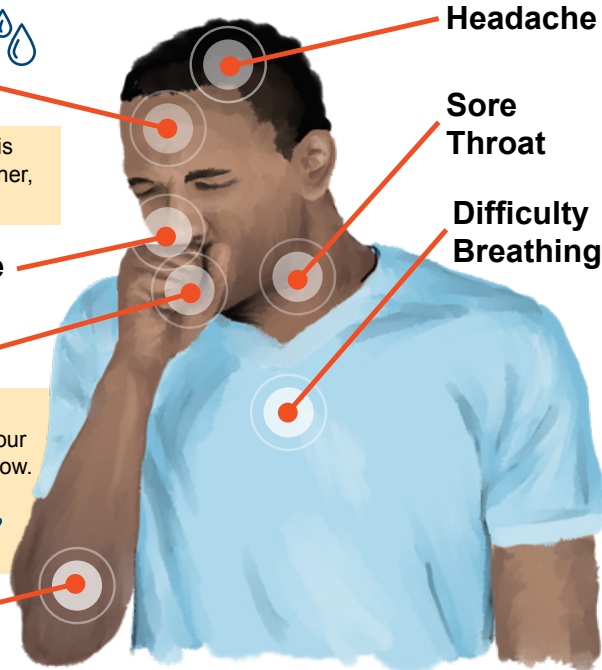


**Muscle
Pain**

Headache

**Sore
Throat**

**Difficulty
Breathing**



Older adults and people who have other medical problems like diabetes, or heart or lung disease may get even sicker if they get the virus.



If you have trouble breathing, pain or pressure in your chest, your lips or face look blue, confusion, or have trouble waking up and getting out of bed, call **911**. These are signs of a medical emergency.

What Should You Do if You Feel Sick?

Most people with COVID-19 recover without medical care.



Stay home and do not leave except to get medical care.



Call your outreach worker and health care provider.



If you live at home, separate yourself from other people and pets. Don't share the bathroom.



If you live in a camp, separate yourself from other workers.



Get rest, stay hydrated and check your temperature.



Wear a cloth face covering over your nose and mouth.



Wash your hands often.



Cover your coughs and sneezes.



Clean all frequently touched surfaces every day.



Do not share personal items with other people. Wash with soap and hot water after using them.



Call 911 if you have trouble breathing, your lips or face look blue, or you have pain or pressure in your chest.

Coping With Stress

COVID-19 may cause extra stress, worry, and sadness. This is normal.

Here are some ways to cope with stress:

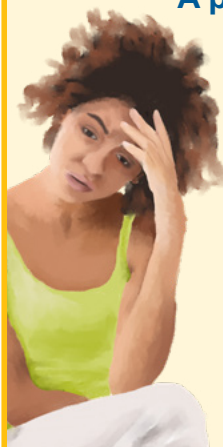
- Do something you enjoy like dance or take a walk
- Listen to music
- Talk with friends and family
- Take deep breaths, stretch, meditate or pray
- Eat well-balanced meals and drink lots of water
- Rest
- Do not drink alcohol or take drugs
- Talk to your doctor or counselor



Depression happens when sadness lasts more than two weeks and starts to affect other parts of your life.

A person who is depressed may notice:

- Loss of interest in activities you usually enjoy
- Change in weight from eating more or less than usual
- Feeling irritable or exhausted
- Sleeping more or less than usual
- Pain that won't go away and isn't from a medical problem
- Feeling very guilty or worthless
- Trouble remembering or concentrating



If you think you may hurt yourself or attempt suicide, call the National Suicide Prevention Lifeline at **800-273-8255** or call **911**





Connecticut River Valley Farmworker Health Program

Our Mission

To improve access to quality community-based primary care and other health-related services for the migratory and seasonal agricultural worker populations in the Connecticut River Valley.

Participating Health Centers

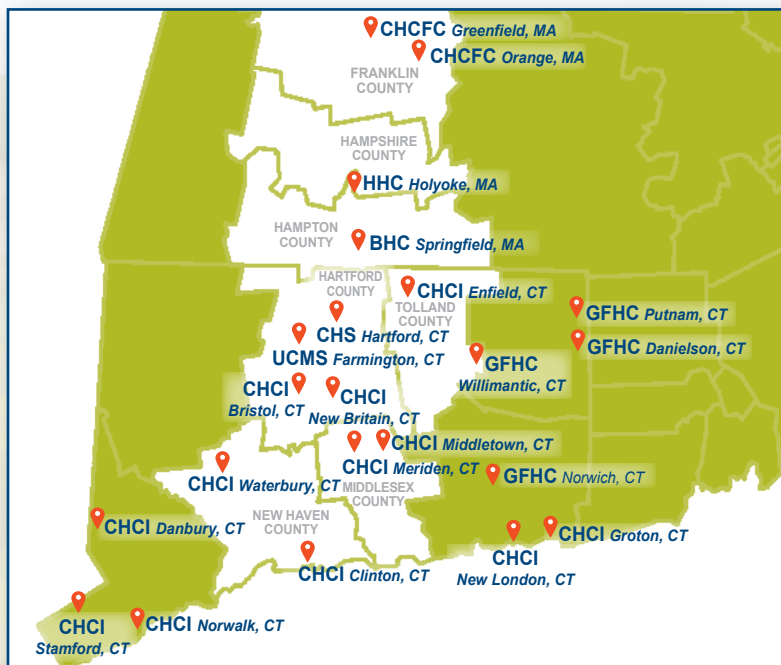
Connecticut

Community Health Center, Inc. (CHC)	860-347-6971
Community Health Services (CHS)	860-249-9625
Generations Family Health Center (GFHC)	860-450-7471

Massachusetts

Baystate Brightwood Health Center (BHC)	413-794-4458
CHC of Franklin County (CHCFC)	413-325-8500
Holyoke Health Center (HHC)*	413-420-2200

*Dental by referral only



Program Assistance
& Suggestion Line
1.844.227.8347 (Toll Free)



crvhfp@massleague.org



www.crvhfp.org



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Boston, MA 02108

The information in this booklet is based on current Center for Disease Control and Prevention (CDC) recommendations.

These recommendations may change as scientists learn more about COVID-19. Visit www.cdc.gov/COVID19 for more information.

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