



Help Avoid This Deadly Disease

Take these steps to help prevent the spread of COVID-19.

Doing them all will keep you as healthy as possible.



Keep your distance

Stay at least six feet from other people:

- On the job
- In worker housing
- Going to and around work areas
- During meals and rest periods



Protect yourself and others from the virus

- **Cover coughs and sneezes** with a tissue or your elbow. Wash your hands right away.
- **Wear a face covering while in an indoor, public setting or outdoors when you can't maintain 6 feet of distance from others.** You can be sick without having symptoms, so wear a face covering. Learn more: healthoregon.org/masks.
- **If you're using a pesticide that requires a protective mask, replace your face covering with the protective mask.** You do not need to wear both.
- **Wash and dry your clothes after work every day.** The virus can stick to clothes and coverings.



Wash your hands

- Use clean running water and soap.
- Scrub for at least 20 seconds before rinsing.
- Dry your hands and throw away the paper towel.
- Wash your hands:
 - Before eating
 - After using the toilet, and
 - After coughing or sneezing.
- You can also use hand sanitizer with at least 60–95% alcohol.
- Use handwashing stations often — not just during breaks.



Resources for workers

Money is available for farm workers who have to stop working because they are sick with COVID-19 or need to quarantine.

Find a community navigator and apply for help by going to: <https://workerrelief.org/find-a-navigator/>.

Coronavirus fact sheets (Centers for Disease Control and Prevention)

- Spanish and English: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Prevention flyer (Oregon Health Authority)

- Spanish: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- English: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2681.pdf>

Social or physical distancing flyer (Oregon Health Authority)

- Spanish: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf>
- English: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

More resources

- Spanish: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2349E.pdf>
- English: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2349E.pdf>