



## Resources for Workers

### General

- **Novel coronavirus fact sheet (Oregon Health Authority)**
  - **Spanish:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LS2356.pdf>
  - **English:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LE2356.pdf>
- **COVID-19 videos in various languages:** <https://www.youtube.com/channel/UCr8wTakqXY4rGUKChFJFlxw/videos>
- **Myths and truths about COVID-19 video (Oregon Health Authority)**
  - **Spanish:** Mitos y verdades sobre el COVID-19 <https://youtu.be/FtcWoYEVilk>
- **Coronavirus fact sheets (Centers for Disease Control and Prevention)**
  - **Spanish and English:** <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- **COVID-19 information in various languages**
  - **Spanish:** Pan-American Health Organization educational materials: <https://www.paho.org/es>
  - **Mixteco:** Monterey County Health Department public service announcement video: <https://youtu.be/s2yw9FOYXH0>
  - **Akateko:** Government of Guatemala COVID-19 prevention campaign: <https://youtu.be/eT2ISW-Pbtc>
  - **Mam:**  
Government of Guatemala COVID-19 prevention campaign: <https://m.youtube.com/watch?v=G5jVv301sQ0>  
COVID-19 information video: <https://m.youtube.com/watch?v=G5jVv301sQ0>
  - **Triqui:** Monterey County Health Department public service announcement video: <https://youtu.be/l4dAdfkrS8w>
  - **Zapoteco:** Health Service of Oaxaca, Mexico COVID-19 information video: <https://www.youtube.com/watch?v=KN7LVJWQbfQ>
  - **Purepecha:** Government of Michoacan, Mexico COVID-19 information video: <https://youtu.be/LplfWtlGL58>

### Help avoid this deadly disease

- **How to protect against COVID-19 video (Oregon Health Authority)**
  - **Spanish:** Como protegernos del COVID-19 <https://youtu.be/WMrnn54skQI>
- **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>
- **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>

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# Agricultural Workers – What You Need to Know About COVID-19

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- **Don't touch your face flyer** (Oregon Health Authority)
  - **Spanish:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2257.pdf>
  - **English:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2257.pdf>
- **How to make a cloth face covering video** (Centers for Disease Control and Prevention)
  - **English:** <https://youtu.be/tPx1yqvJgf4>
- **Handwashing guides** (Centers for Disease Control and Prevention)
  - **English:** <https://www.cdc.gov/handwashing/materials.html>

## What to do if you get sick

- **COVID-19 resources and frequently asked questions for immigrants and refugees** (Oregon Health Authority)
  - **Spanish:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2292.pdf>
  - **English:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2292.pdf>
- **Oregon Health Plan and CAWEM health coverage:** Oregonians get coordinated health care through the Oregon Health Plan. CAWEM is emergency-only health coverage available regardless of immigration status.
  - OHP: <https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx>
  - OHP online application: <https://one.oregon.gov/>
  - OHP application by phone: 800-699-9075
  - Help to fill out application: <https://healthcare.oregon.gov/Pages/find-help.aspx>
- **Help to find health care:** If you need help finding health care or other resources, contact the local public health authority in your area.
  - You can find a list of local public health authorities and their phone numbers on the [Oregon Health Authority website: \(https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx\)](https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx).

## Your right to a safe and healthy workplace

- **Oregon Bureau of Labor and Industry (BOLI):** Your job is protected if you report a safety violation at your worksite. If your employer retaliates, you can call the BOLI Civil Rights Division.
  - **English:** 971-673-0764
  - **Spanish:** 971-673-2818

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## Agricultural Workers – What You Need to Know About COVID-19

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- **Oregon Occupational Safety and Health Division (OSHA):** Workers can report a concern or complaint about an employer not obeying COVID-19 workplace rules.
  - **English:** 800-922-2689
  - **Spanish:** 800-843-8086
  - Complaint form: <https://www4.cbs.state.or.us/exs/osha/hazrep/>
- **Oregon Employment Department:** The Department of Labor Farmworker Services' State Monitor Advocate can help if you need to file a complaint.
  - Fernando Gutierrez: 971-701-0883
- **Legal Aid Services of Oregon (LASO)** helps agricultural workers throughout Oregon with employment, housing, civil rights and other legal issues.
  - To apply for aid, call The Farmworker Program: 800-662-6096.
- **The Oregon Law Center (OLC)** gives legal help to migrant and seasonal farmworkers and their families. Contact them if you have experienced retaliation for reporting safety concerns. They speak Spanish and indigenous languages.
  - Woodburn Farmworker office: 503-981-0336 or 800-973-9003
- **Pineros y Campesinos Unidos del Noroeste (PCUN)** advocates for Oregon farmworkers and working Latinx families.
  - 503-982-0243