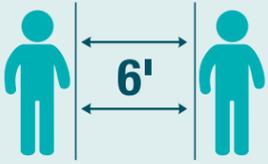




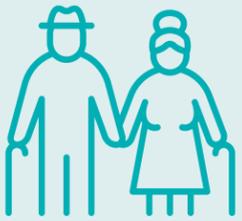
COVID-19 Is a Serious Disease

It can cause severe illness and pneumonia in some people. There is no treatment right now.



Take these steps to avoid COVID-19:

- Stay at least six feet from others.
- Frequently wash your hands with soap and water for at least 20 seconds.
- Cover your coughs with a tissue or your elbow. Throw tissue away immediately.
- Wear a face covering while in an indoor, public setting or outdoors when you can't maintain 6 feet of distance from others. Wear a more protective mask if you handle pesticides.
- Learn more: healthoregon.org/masks



Who is most at risk?

- People who live and work close together, including farm workers
- People who are 65 or older or have a serious health condition



What are the signs you may be sick with COVID-19?

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Sore throat
- New loss of sense of taste or smell



What to do if you are sick

- Contact a health care provider right away if you are experiencing COVID-19 symptoms.
- Tell your employer right away, and don't go to work until you are well.
- If you can't work because you are sick or were exposed to COVID-19, you can ask for help through the Oregon Worker Relief program: <http://www.workerrelief.org/>



You have a right to be safe

Law requires employers to provide a healthy and safe workplace and housing that follows these rules.

For more resources, go to healthoregon.org/coronavirus; then find the “Agricultural Workers and Employers” section.