

REFERENCES AND RESOURCES

Centers for Disease Control and Prevention. “Coronavirus Disease 2019 (COVID-19): Agriculture Workers and Employers—Interim Guidance from CDC and the U.S. Department of Labor.”
[cdc.gov/coronavirus/2019-ncov/community/guidance-agricultural-workers.html](https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-agricultural-workers.html)

Penn State Extension. “Coronavirus/COVID-19 Information.”
extension.psu.edu/coronavirus

Pennsylvania Department of Agriculture. “Food for Thought: Modifications to Seasonal Farm Labor Camp Requirements.”
agriculture.pa.gov/foodforthought/Pages/Article.aspx?post=91

If you need a free face mask, call 717-334-0001 with your name, phone number, and address, and someone will contact you.
See [keystonehealth.org/keystoneagworkerprogram](https://www.keystonehealth.org/keystoneagworkerprogram) for more information.

CDC recommendations change regularly. Check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most up-to-date information.

Thank you for your major contribution during this pandemic as an employee of an essential food business!

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HEALTH GUIDANCE FOR AGRICULTURAL WORKERS DURING THE COVID-19 PANDEMIC

WHAT IS CORONAVIRUS (COVID-19)?

Coronavirus (COVID-19) is a respiratory disease that can spread rapidly from person to person. Currently, there are no vaccines to prevent this disease, so the best way to prevent people from getting sick is to avoid exposure.

HOW DOES COVID-19 SPREAD?

The virus spreads many ways, including:

- ▶ Among people who are in close contact with one another
- ▶ Through the air when infected people speak, sneeze, or cough
- ▶ By touching surfaces contaminated with the virus and then touching your face, mouth, or eyes



HOW CAN YOU PROTECT YOURSELF?

- ▶ Avoid crowded places.
- ▶ Stay at least 6 feet (2 meters) away from other people.
- ▶ Do not touch your face, mouth, eyes, or nose without first washing your hands or using hand sanitizer.
- ▶ Do not shake hands or hug people not residing with you.
- ▶ Do not share food or drinks.
- ▶ Stay home if you feel sick.
- ▶ When you go to work or other public places:
 - Always cover your mouth and nose with a mask. (When outdoors and working 6 feet [2 meters] apart during extreme heat, a mask is optional.)
 - Wash your hands vigorously with soap and water for at least 20 seconds before you leave and when you return home. If soap and water are not available, use hand sanitizer (for at least 3 seconds).
 - Shower when you return home from work, and launder clothes frequently.
 - Sanitize frequently touched surfaces.

WHAT ARE THE SYMPTOMS?

Symptoms vary from person to person and can include:

- ▶ Fever over 100.4°F (38°C)
- ▶ Cough
- ▶ Shortness of breath or difficulty breathing
- ▶ Fatigue
- ▶ Muscle or body aches
- ▶ Headache
- ▶ New loss of taste or smell
- ▶ Sore throat
- ▶ Congestion or runny nose
- ▶ Nausea or vomiting
- ▶ Diarrhea

GET IMMEDIATE HELP

if you experience any of the following:

- ▶ Trouble breathing
- ▶ Persistent pain or pressure in the chest
- ▶ Inability to wake or stay awake
- ▶ Bluish lips or face
- ▶ New confusion

CALL 911 OR VISIT THE EMERGENCY ROOM

WHAT SHOULD I DO IF I HAVE SYMPTOMS?

- ▶ Call your local health clinic.
 - Keystone Agricultural Worker Program (in central Pennsylvania): 717-334-0001
 - La Comunidad Hispana (in Chester County): 610-880-3503
 - Another clinic closer to you: call your local health department or visit pachc.org/PA-Health-Centers/Find-a-Health-Center
- ▶ Explain your symptoms. Health care professionals will provide medical instructions and free information in either English or Spanish.

DO I HAVE TO PAY TO GO TO A HEALTH CLINIC?

Agricultural worker clinics provide services at no or minimal cost if you do not have medical insurance. You are eligible for free screening and testing regardless of immigration status. COVID-19 testing and treatment are not considered a public charge.

HOW CAN I KNOW IF I HAVE CORONAVIRUS?

The only way to know if you have coronavirus is through a coronavirus test. If you have symptoms, call your health clinic.

WHAT SHOULD I DO IF I HAVE CORONAVIRUS?

Follow all instructions given by a health professional, which may include:

- ▶ Isolating yourself from others
- ▶ Not returning to work until two weeks have passed since you received your positive result and at least three days without fever have passed without taking fever-reducing medication
- ▶ Monitoring your symptoms and wearing a face mask that covers your mouth and nose at all times

WHAT SHOULD I DO IF SOMEONE IN MY HOME HAS CORONAVIRUS?

Follow all instructions given by a health professional, which may include:

- ▶ Keeping the infected person isolated
- ▶ Disinfecting areas that may have been contaminated (e.g., with 5 tablespoons bleach or bleach solution mixed with 1 gallon of water)
- ▶ Monitoring the symptoms of the infected person