Protecting Yourself Against the Coronavirus

COVID-19 Information for Migratory and Seasonal Agricultural Workers

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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.

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.**

- **Headache**

- **Sore Throat**

- **Difficulty Breathing**

- **Muscle Pain**

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.
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.
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

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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.

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1,955,789 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.