

COVID-19: Symptoms, safety precautions, and farmworker resources

What is COVID-19?

COVID-19 is a contagious disease that spreads through droplets when an infected person coughs, sneezes, talks, or breathes.



Fever or chills
(above
100.4°F/38°C)



Cough



**New loss of
smell or taste**



**Nausea or
vomiting**



**Shortness of breath
or difficulty breathing**



**Muscle or
body aches**



Sore throat



Headache



Diarrhea



Fatigue



**Congestion or
runny nose**

COMMON SYMPTOMS

not everyone
has symptoms

CALL 911

if you experience
these symptoms



**Chest
pressure**

**New confusion;
inability to wake
or stay awake**



**Severe
difficulty breathing**

**Bluish lips
or face**



Where to get tested for COVID-19?

Testing

Find your nearest testing location:
1-888-634-1123 or
covid19.ca.gov/get-tested

Uninsured or Medi-Cal

Uninsured patients or Medi-Cal
patients without a health plan, call
the 24/7 Medi-Nurse line:
1-877-409-9052

Access Healthcare

For help with access to healthcare
& insurance coverage, call Health
Consumer Alliance:
1-888-804-3536 or
TTY 1-877-735-2929

You are eligible for free COVID-19 testing and vaccination regardless of immigration status.
COVID-19 testing and treatment are not considered public charge.

PROTECT YOURSELF, YOUR FAMILY, AND YOUR COWORKERS



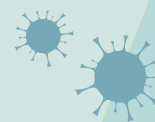
Wear a face covering over your nose and mouth



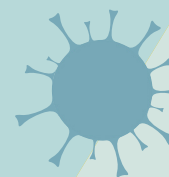
Maintain distance from others



Wash your hands often with soap and water



Get vaccinated



Staying Safe

WORK

Your employer must:

Adjust work to promote physical distance



Tell you if you have been exposed at work and offer free testing



Provide a face covering for free

Clean and disinfect the workplace



Promote hand washing

HOME

Avoid gatherings and always wear a face covering around people you do not live with



Wear a face covering and roll down windows in vehicles



Clean and disinfect surfaces and objects that are touched often (vehicles, phone, doorknobs)



COVID-19 Vaccines are Safe

Vaccines "teach" the body to defend itself by creating defenses against a virus.

Vaccines are free to everyone regardless of immigration status.

Mild side effects like pain or swelling where the shot was given or feeling tired, having a headache, or chills are normal. This is a sign that your immune system is learning how to defend itself. Side effects usually last less than 2 days, and are less severe than the actual disease.

Vaccines **DO NOT** cause COVID-19, change your DNA, or cause infertility.

After vaccination, continue wearing a face covering, maintaining distance, and washing hands frequently.

Find out when you can get a vaccine by calling **My Turn Hotline: 1-833-422-4255**



UCLA
Labor Occupational Safety
& Health Program



UCDAVIS
Western Center for
Agricultural Health and Safety

