

# WHAT TO DO IF YOU HAVE SYMPTOMS OF COVID-19

## What is COVID-19?

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



**Fever or chills**  
(above 100.4°F/38°C)



**Dry 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**

## COVID-19 SYMPTOMS

### Call 911

if symptoms worsen or are life-threatening



**Chest pressure**

**Confused or hard to stay awake**



**Severe difficulty breathing**

**Bluish lips or face**



## Healthcare Contact Information

### Camp Contact Information

Farm Name:

Camp Address:

Grower Name:



### Healthcare Services

**Farmworker Health Program**  
(Se habla español)

Outreach Coordinator:

Phone Number:

**Other Health Center**

Name:

Phone Number:



# COVID-19

WHEN SYMPTOMS DEVELOP, CONTINUE TO:



Stay home if you have symptoms of COVID-19 and notify your employer.



Isolate yourself from others in your home as much as possible and arrange beds, couches, and chairs to maintain a 6-foot (2-meter) distance.



If you have symptoms, wear a cloth face covering when around others, including your family.



Avoid social gatherings and celebrations (birthday parties, weddings, BBQs).



Avoid sharing personal items with others (food, cups, gloves, handkerchief).



Wash hands frequently front and back and between fingers for at least 20 seconds using soap and water. If soap and water are unavailable, use hand sanitizer that is at least 60% alcohol.

## Clean & Disinfect Your Home

**Clean:** First, remove dirt from surfaces by cleaning with soap and water.

**Disinfect:** Next, use a bleach solution (1 tablespoon bleach per 1 quart water) or a solution of at least 60% isopropyl alcohol to kill the virus. Leave disinfectant on surfaces for 5-10 minutes, then wipe down.

**Safety Notes:** Always read labels. Never mix bleach with anything other than water. Open windows when using bleach and other disinfectants.

## IS THERE A CURE OR TREATMENT?

There is no specific treatment for COVID-19. However, many of the symptoms can be treated and vaccines are currently being developed.

## CAN I GET INFECTED AGAIN AFTER I RECOVER?

Scientists are still trying to understand how the virus affects people who have already gotten sick. It is important to continue practicing the same physical distancing measures.

## WHEN CAN I GO BACK TO WORK?

Isolation of most infected workers can end when:

- At least 10 days have passed from date of first symptom, AND
- Worker has had no fever (without fever lowering medication) for at least 24 hours, AND
- Worker has improvement in symptoms.

## WHAT ARE MY RIGHTS?

- You have the right to a safe workplace & safety training.
- You have the right to speak out about health & safety on the job.
- You may be eligible for paid time off for COVID-19 related absences.
- Concerns about your paycheck or conditions of employment? Call 919-779-8560 (Se habla español)



UCLA  
Labor Occupational Safety  
& Health Program



UC DAVIS  
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