



Farm Worker COVID-19 Health Guide

Resources for keeping farms and food systems safe and essential workers healthy.

Ulster County's 400+ farms have 37 permitted migrant housing locations and up to 2000 farm workers seasonally with a peak population in Sep-Nov. This guide is for farmers, farm workers, and producers in Ulster County to help navigate staying healthy during the COVID-19 pandemic.

COVID-19 Testing

Agricultural Worker COVID-19 Testing Initiative

Farm(ers) who employ temporary workers from outside of NYS and who are located in Clinton, Genesee, Orleans, Ulster and/or Wayne Counties can participate. For more details visit:

<https://tinyurl.com/AgCOVIDTestingInitiative>

Hudson River Health Care has an office for farm workers and provides testing at subsidized costs. They cover all of Ulster County and many surrounding areas. Mobile testing may be available with a large enough group.

1-844-HRH-Care (1-844-474-2273); <http://www.hrhcare.org>

Locations:

- 1240 Ulster Ave Suite 104, Kingston, NY 12401
- 1 Paradies Lane, New Paltz NY 12561
- 75 Washington Street Poughkeepsie, NY 12601

Additional testing sites listed at:

<https://covid19.ulstercountyny.gov/get-tested/>

Staying Healthy

Farms are required to have safety plan. Here is the link to the safety plan template referenced in the guide: <https://tinyurl.com/NYSBusinessReopeningSafetyPlan> and reach out to a CCE extension agent if you need assistance.

See the attached guidance at the end of this document for more on:

- Interim Guidance for Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19
- Protocols for Essential Personnel to Return to Work Following COVID-19 Exposure or Infection
- Sanitation Checklist for tractors and vehicles
- Safely travelling with farm workers during COVID-19
- How to handle fresh produce
- Prioritizing Control Strategies, Cornell Institute for Food Safety in English and Spanish
- How to wear and maintain face coverings
- Handwashing guidance
- What you should know about COVID-19
- Prevent the spread of COVID-19

Local Contacts and Resources:

- Ulster County Department of Health
- Ulster County Cornell Cooperative Extension Agriculture Team
- Hudson Valley Research Lab
- CCE Eastern New York Commercial Horticulture Team

Regional and State Contacts and Resources:

- Cornell University Farm Worker Program
- Cornell University Ag Workforce Development Program
- Cornell Institute for Food Safety
- NYS Coronavirus Information Center
- United States Department of Labor

COVID-19 Positive, Now What?

Work with your doctor and stay in touch with the Ulster County Department of Health for contact tracing, guidance and other potential resources.

Working in the food system after potential COVID

exposure: Food system employees are considered essential workers and can remain at work if asymptomatic and following strict guidance. (See CDC guidance attached for critical workers.) There's no evidence that COVID is transmitted through food, the goal is to prevent person-to-person transmission. Therefore, if positive follow CDC guidance, "Prevent the spread of COVID-19 if you are sick."

Housing and isolation resources: Isolation of COVID-positive patients is one of the best practices to prevent spread of coronavirus. Farms must be prepared to provide quarantine/isolation housing for positive workers. US Dept of Labor is providing flexibility in H2A housing to facilitate isolation and quarantine housing: <https://tinyurl.com/AgForceHousing> If you need assistance on this, reach out to us for additional resources.

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Ulster County Recovery Service Center

845-443-8888

<https://covid19.ulstercountyny.gov>

NYS Coronavirus Information Center

888-364-3065

<https://coronavirus.health.ny.gov/home>

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Interim Guidance for Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>

To ensure continuity of operations of essential functions, CDC advises that critical infrastructure workers may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community.

A potential exposure means being a household contact or having close contact within 6 feet of an individual with confirmed or suspected COVID-19. The timeframe for having contact with an individual includes the period of time of 48 hours before the individual became symptomatic.

Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to the following practices prior to and during their work shift:

- ▶ **Pre-Screen:** Employers should measure the employee's temperature and assess symptoms prior to them starting work. Ideally, temperature checks should happen before the individual enters the facility.
- ▶ **Regular Monitoring:** As long as the employee doesn't have a temperature or symptoms, they should self-monitor under the supervision of their employer's occupational health program.
- ▶ **Wear a Mask:** The employee should wear a face mask at all times while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees' supplied cloth face coverings in the event of shortages.
- ▶ **Social Distance:** The employee should maintain 6 feet and practice social distancing as work duties permit in the workplace.
- ▶ **Disinfect and Clean work spaces:** Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely.

If the employee becomes sick during the day, they should be sent home immediately. Surfaces in their workspace should be cleaned and disinfected. Information on persons who had contact with the ill employee during the time the employee had symptoms and 2 days prior to symptoms should be compiled. Others at the facility with close contact within 6 feet of the employee during this time would be considered exposed.

Employers should implement the recommendations in the Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 to help prevent and slow the spread of COVID-19 in the workplace. Additional information about identifying critical infrastructure during COVID-19 can be found on the DHS CISA website or the CDC's specific First Responder Guidance page.

INTERIM GUIDANCE

This interim guidance pertains to critical infrastructure workers, including personnel in 16 different sectors of work including:

- ▶ Federal, state, & local law enforcement
- ▶ 911 call center employees
- ▶ Fusion Center employees
- ▶ Hazardous material responders from government and the private sector
- ▶ Janitorial staff and other custodial staff
- ▶ Workers – including contracted vendors – in food and agriculture, critical manufacturing, informational technology, transportation, energy and government facilities

ADDITIONAL CONSIDERATIONS

- ▶ Employees should not share headsets or other objects that are near mouth or nose.
- ▶ Employers should increase the frequency of cleaning commonly touched surfaces.
- ▶ Employees and employers should consider pilot testing the use of face masks to ensure they do not interfere with work assignments.
- ▶ Employers should work with facility maintenance staff to increase air exchanges in room.
- ▶ Employees should physically distance when they take breaks together. Stagger breaks and don't congregate in the break room, and don't share food or utensils.





March 31, 2020

**Protocols for Essential Personnel to Return to Work Following
COVID-19 Exposure or Infection**

This advisory supersedes guidance from the New York State Department of Health issued on March 28, 2020, to clarify that this guidance applies to essential personnel who have been exposed to a confirmed OR suspected case of COVID-19.

Public and private sector organizations that provide essential services or functions where personnel are needed to perform critical functions, including infrastructure, public safety, and other essential operations, may allow personnel who were exposed to or are recovering from COVID-19 to work in the workplace setting, if needed to maintain essential operations. Essential services or functions include but are not limited to public health personnel, utility and water operators, skilled manufacturers and supporting supply chains, transportation infrastructure, law enforcement, and emergency response personnel.

Essential personnel who have **been exposed to a confirmed or suspected case of COVID-19** can be permitted to work in the required workplace setting if all of the following conditions are met:

1. Working from home would not be feasible for job duties;
2. Personnel are **asymptomatic**;
3. Personnel quarantine themselves when not at work;
4. Personnel undergo temperature monitoring and symptom checks upon arrival to work and at least every 12 hours while at work, and self-monitor (i.e. take temperature, assess for symptoms) twice a day when at home;
5. Personnel required to interact with individuals within 6 feet should wear a facemask¹ while working for 14 days following the last exposure;
6. Personnel whose job duties permit a separation of greater than 6 feet should have environmental controls in place to ensure adequate separation is maintained, and do not need to wear a facemask;
7. If personnel develop symptoms consistent with COVID-19 (e.g., fever, cough, or shortness of breath) while working, they should immediately stop work and isolate at home; and
8. Testing should be prioritized for essential personnel with symptoms.

Essential personnel with **confirmed or suspected COVID-19** may be permitted to work in the required workplace setting if all of the following conditions are met:

1. Working from home would adversely impact essential services or functions, including critical public health and public works infrastructure in New York or the response to the COVID-19 public health emergency;

2. Personnel have maintained isolation for at least 7 days after illness onset (i.e. symptoms first appeared) and have not had a fever for at least 72 hours, without the use of fever-reducing medications, and with other symptoms improving;
3. Personnel who are recovering from COVID-19, and return to work, must wear a facemask¹ for 14 days following onset of illness.

¹ For the purposes of this guidance, a facemask is a well-secured mask that covers the mouth and nose. No personal fit testing is necessary for a facemask.

Additional Resources

New York State Department of Health's Novel Coronavirus Hotline
1-888-364-3065

New York State Department of Health's COVID-19 Webpage
<https://coronavirus.health.ny.gov/home>

Local Health Department Contact Information
https://www.health.ny.gov/contact/contact_information/index.htm

United States Centers for Disease Control and Prevention Webpage
<https://www.cdc.gov/coronavirus/2019-ncov/>

Sanitation Checklist:

Tractor, Mobile Equipment, Vehicle – Cleaning/Disinfection

When and where possible assign one operator per vehicle tractor or other mobile equipment during COVID-19.

CLEANING: Remove visible soiling (e.g., dust, soil). Cleaning removes rather than kills viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

DISINFECTING: Kills viruses and bacteria. A disinfectant is only applied to objects, never on the human body. All visibly soiled surfaces should be cleaned before disinfection.

What products should be used for disinfection:

- Household or commercial disinfection products (follow manufacturer’s instructions for disinfection), or a bleach solution (1-part bleach and 9 parts water)
- Do not mix bleach with ammonia or any other cleaning product

During cleaning/disinfection:

- If the surface is dirty remove visible dust and debris and clean using detergent or soap prior to disinfection.
- Follow disinfection product manufacturer’s instructions for disinfection.
- Wear nitrile or neoprene gloves while working with disinfectant products

After cleaning/disinfection:

- Wash hands with soap and water using proper handwashing procedures immediately after gloves are removed.
- All disposable materials must be placed into a leak proof garbage bag and sealed for disposal

Pre shift sanitation time:		Post shift sanitation time:	
Date:		Worker:	
Item Clean/Disinfected			Ok?
<i>Cleaned</i>			
Floor mats			
Windows			
Garbage can (garbage removed daily)			
<i>Disinfected (high touch areas)</i>			
Door handles (inside and out)			
Steering wheel			
Shifter knobs			
PTO controls			
Hydraulic controls			
All buttons			
Keys			
GPS/control panels			
Joystick			
Mirrors			
Seat/seat adjustment controls			
Pens/pencils in cab			
**Do not eat in the tractor or vehicle during COVID-19 outbreak; vacuum, do not sweep			

Safely Transport Farmworkers during the COVID-19 Pandemic

The virus that causes COVID-19 can spread more easily between people in close contact. They can get sick by touching their eyes, nose and mouth after contact with a contaminated surface. People without symptoms can easily spread the virus to others.

Make changes to the way workers travel in buses, vans and trucks in order to protect them from illness.



More distance

- Keep all workers at least six feet apart at all times
- Allow plenty of time for passengers to enter and exit vehicle to ensure social distancing
- Consider installing a physical barrier between driver and passengers

More airflow

- Open windows for better ventilation

Fewer people per vehicle

- Limit the number of passengers
- Use more vehicles or take more trips
- Stagger shifts so fewer workers need rides at once
- Only two people in pickup trucks: driver and rider

Cloth masks

- Driver and all passengers should wear them in vehicle
- Cover mouth and nose
- Wash cloth masks daily

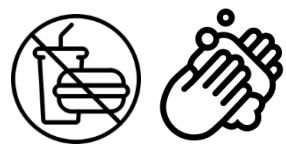
Clean and Disinfect*

- After every trip, or at least once a day
- High touch surfaces including vehicle controls, steering wheel, door handles, seat belts



General Hygiene Guidelines

- Everyone should wash hands for 20 seconds before and after each trip
- If handwashing is not possible, use hand sanitizer with at least 60% alcohol
- Avoid touching mouth, nose and eyes with dirty hands
- Workers should not eat or drink in the vehicle



*A list of approved products effective against COVID-19 can be found at the EPA website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Got safety questions? Want to learn about protecting your farm from COVID-19? Contact NYCAMH for free and confidential help. Call 800-343-7527, email info@nycamh.org or visit <https://www.nycamh.org/>



How to Handle Fresh Produce

COVID-19 is NOT foodborne — but best practices for handling produce and all other foods *still apply*.



1. Wash your hands for 20 seconds with soap and water before handling fresh produce, while preparing food and before serving and consuming food.
2. Keep produce cool. This is important for quality and safety. Running errands? Don't let your fresh produce sit in a hot vehicle! Chill fruit and vegetables in a cooler until you can refrigerate them.
3. Rinse fruits and vegetables under cold running water just before you plan to eat or cook them. If the skin of the fruit or vegetable is hard and rough, you can use a brush to scrub them.
4. Do not use soap or a bleach solution to wash your produce. Ingesting bleach, other sanitizers, and detergents can be dangerous and lead to other health issues.
5. Avoid cross-contamination in the kitchen when preparing and storing fresh produce. Keep fruits and vegetables separated from raw meat, including fish and poultry, and any kitchen tool (e.g., cutting boards, knives) that has come into contact with raw meat. Wash your hands immediately after handling all raw meat.

For more on COVID-19 visit: instituteforfoodsafety.cornell.edu/covid-19-consumer-resources



Cornell Cooperative Extension



**Institute for Food Safety
at Cornell University**

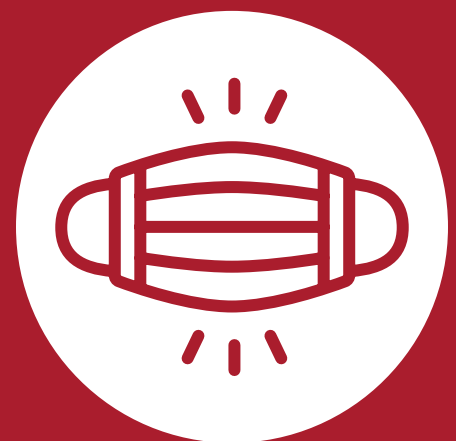
HOW TO PRIORITIZE COVID-19 CONTROL STRATEGIES

Understand How Roles Work Together

What the Employee Can Do	Prevention/ Mitigation Practice	What the Employer Can Do
Keep 6 ft. Apart	Practice Social Distancing	Educate, Implement Strategies, Verify, Be an Example
Self-evaluate, Report Onset, Stay Home if Present	Screen for COVID-19 Symptoms*	Consider Routine Screening Questionnaire, Temperature Checks
Practice	Frequent Hand-washing	Educate, Provide, Verify Use, Be an Example
Wear, Replace, Continue Social Distancing	Wear Face Coverings	Educate, Provide, Verify Use, Be an Example, Reinforce Social Distancing
Avoid	Avoid Touching Your Face	Educate, Reinforce, Be an Example
Routinely Clean and Disinfect Frequently Touched Surfaces and Other High-risk Areas	Clean and Disinfect Frequently Touched Surfaces†	Provide PPE and Validated SOPs, Train, Verify
Be Aware of Local Hotspots for Positive COVID-19 Cases, Continue Mitigation Practices Outside of Work	Minimize Community Spread	Be Aware of Local Hotspots for Positive COVID-19 Cases, Encourage Mitigation Practices Outside of Work

*COVID-19 Symptoms: Temperature >100.4°F, Cough, Difficulty Breathing, Loss of Taste & Smell, Chills

†This does not replace your established sanitation program.



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MASKS AND FACE COVERINGS

BEST PRACTICES FOR MASKS AND FACE COVERING USAGE

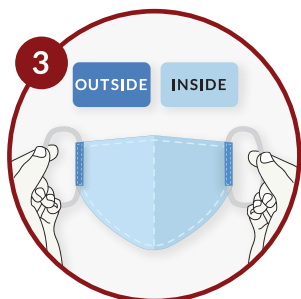
DONNING MASKS



1 WASH HANDS
Wash hands with soap and water for 20 seconds
OR use a >60% alcohol-based hand rub before donning (putting on) mask.



2 CHECK MASK
Check which side is the "inside" and "outside" of mask. If needed, use a marker to mark the "inside" and "outside" of mask.



3 PUT MASK ON
Carefully put mask on without touching face, nose, or mouth.



4 MASK PLACEMENT
Mask must cover mouth and nose!
Adjust the mask to fit.



5 DON'T TOUCH MASK
Avoid touching the mask when it's on!
If you do touch mask, repeat Step 1.

DOFFING MASKS



1 WASH HANDS
Wash hands with soap and water for 20 seconds
OR use a >60% alcohol-based hand rub before doffing (taking off) mask.



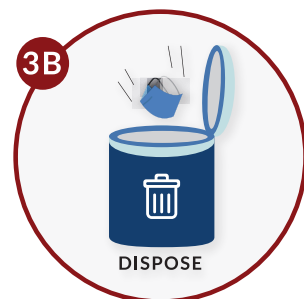
2 REMOVE CAREFULLY
Avoid touching the front or inside of the mask. Virus particles may be present on either side.



3A STORE AND WASH
Washable mask: Put mask into a disposable or cleanable bag or container. Launder in the washing machine. Store mask in container while not wearing. Wash mask daily.

OR

3B DISPOSE
Disposable mask: Throw away immediately into trash

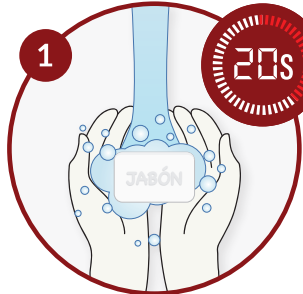


4 WASH HANDS
Wash hands with soap and water for 20 seconds OR use a >60% alcohol-based hand rub after taking off mask. If you do touch mask, rewash your hands.

MÁSCARAS Y CUBIERTAS FACIALES

MEJORES PRÁCTICAS PARA EL USO DE MÁSCARAS Y CUBIERTAS FACIALES

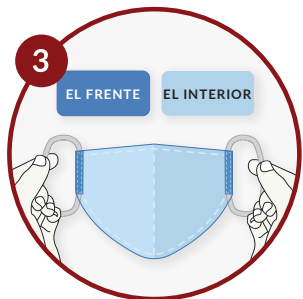
PONIÉNDOSE LA MÁSCARA



LAVARSE LAS MANOS
Lávese las manos con agua y jabón durante 20 segundos O use un desinfectante para manos conteniendo al menos 60% de alcohol antes de ponerse la máscara.



CHECK MASK
Verifique de qué lado está el "interior" y el "exterior" de la máscara. Si es necesario, use un marcador para marcar el "interior" y el "exterior" de la máscara.



PONERSE LA MÁSCARA
Póngase la máscara con cuidado sin tocar la cara, la nariz o la boca.



COLOCACIÓN DE LA MÁSCARA
¡La máscara debe cubrir la boca y la nariz! Ajuste la máscara para que le acomode.



NO TOQUE LA MÁSCARA
¡Evita tocar la máscara cuando la tenga puesta! Si toca la máscara, vuelva a lavarse las manos.

QUITÁNDOSE LA MÁSCARA



LAVARSE LAS MANOS
Lávese las manos con jabón durante 20 segundos O use un desinfectante para manos conteniendo al menos 60% de alcohol antes de quitarse la máscara.



REMOVER CON CUIDADO
Evite tocar el frente o el interior de la máscara. Las partículas de virus pueden estar presentes en ambos lados.



ALMACENAR Y LAVAR
Máscara lavable: coloque la máscara en una bolsa o contenedor desechable o lavable. Lavar en la lavadora. Guarde la máscara en el recipiente mientras no la use. Lave la máscara diariamente.



DESECHAR
Mascarilla desechable: tirar inmediatamente a la basura.



LAVARSE LAS MANOS
Lávese las manos con jabón durante 20 segundos O use un desinfectante para manos conteniendo al menos 60% de alcohol después de quitarse la máscara.

Handwashing

at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Lavado de manos

en casa, en donde jugamos y cuando salimos



¡Los microbios están en todas partes! Pueden llegar a sus manos y a los objetos que toca a lo largo de todo el día. Lavarse las manos con agua y jabón en momentos clave es una de las medidas más importantes que puede tomar para librarse de los microbios y evitar transmitirlos a quienes lo rodean.

¿Cómo es que lavarse las manos lo mantiene sano?

Los microbios pueden entrar al cuerpo a través de los ojos, la nariz y la boca, y enfermarnos. Lavarse las manos con jabón elimina los microbios que estén en ellas y ayuda a prevenir las enfermedades. Los estudios han mostrado que lavarse las manos puede prevenir 1 de cada 3 enfermedades diarreicas y 1 de cada 5 infecciones respiratorias, como el resfriado o la influenza (gripe).

Lavarse las manos ayuda a prevenir infecciones por estas razones:



Con frecuencia, las personas se tocan los ojos, la nariz y la boca sin darse cuenta, y de ese modo introducen microbios en el cuerpo.



Los microbios de las manos que no se lavaron pueden llegar a los alimentos y a las bebidas cuando las personas los preparan o los consumen. Los microbios pueden multiplicarse en algunos tipos de alimentos o bebidas y causarles enfermedades a las personas.



Los microbios de las manos sin lavar pueden transferirse a otros objetos, como las manijas de las puertas, las mesas o los juguetes y, luego, transferirse a las manos de otra persona.



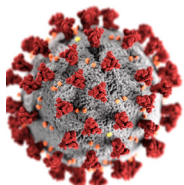
¿Cuál es la forma correcta de lavarse las manos?

1. Mójese las manos con agua corriente limpia (tibia o fría) y enjabónelas.
2. Frótese las manos con jabón, formando espuma.
3. Frote todas las superficies, incluidos los dedos, entre los dedos, debajo de las uñas, las palmas y el dorso de las manos. Siga frotándose las manos por al menos 20 segundos. ¿Necesita un reloj? Tararee dos veces la canción “Cumpleaños feliz”.
4. Enjuáguese las manos con agua corriente limpia.
5. Séquese las manos con una toalla limpia o al aire.



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What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

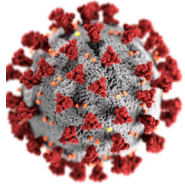


Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



Lo que usted debe saber acerca del COVID-19 para protegerse y proteger a los demás



Infórmese sobre el COVID-19

- La enfermedad del coronavirus 2019 (COVID-19) es una afección causada por un virus que se puede propagar de persona a persona.
- El virus que causa el COVID-19 es un nuevo coronavirus que se ha propagado por todo el mundo.
- El COVID-19 puede causar desde síntomas leves (o ningún síntoma) hasta casos de enfermedad grave.



Practique el distanciamiento social

- Cuando sea posible, compre comestibles y medicamentos, consulte al médico y complete actividades bancarias en línea.
- Si tiene que ir en persona, manténgase a una distancia de al menos 6 pies de los demás y desinfecte los objetos que tenga que tocar.
- Obtenga entregas a domicilio y comidas para llevar, y limite el contacto personal tanto como sea posible.



Sepa cómo se propaga el COVID-19

- Usted puede infectarse al entrar en contacto cercano (alrededor de 6 pies o la longitud de dos brazos) con una persona que tenga COVID-19. El COVID-19 se propaga principalmente de persona a persona.
- Usted puede infectarse por medio de gotitas respiratorias si una persona infectada tose, estornuda o habla.
- También podría contraer la enfermedad al tocar una superficie o un objeto en los que esté el virus, y luego tocarse la boca, la nariz o los ojos.



Si está enfermo, prevenga la propagación del COVID-19

- Quédese en casa si está enfermo, excepto para conseguir atención médica.
- Evite el servicio de transporte público, vehículos compartidos o taxis.
- Manténgase alejado de otras personas y de las mascotas en su casa.
- No hay un tratamiento específico para el COVID-19, pero puede buscar atención médica para que lo ayuden a aliviar los síntomas.
- Si necesita atención médica, llame antes de ir.



Protéjase y proteja a los demás contra el COVID-19

- En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de protegerse es evitar la exposición al virus que causa el COVID-19.
- Quédese en casa tanto como sea posible y evite el contacto cercano con los demás.
- En entornos públicos, use una cubierta de tela para la cara que cubra la nariz y la boca.
- Limpie y desinfecte las superficies que se tocan con frecuencia.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o use un desinfectante de manos que contenga al menos un 60 % de alcohol.



Conozca su riesgo de enfermarse gravemente

- Todos están en riesgo de contraer el COVID-19.
- Los adultos mayores y las personas de cualquier edad que tengan afecciones subyacentes graves podrían tener un mayor riesgo de enfermarse más gravemente.



Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- See **COVID-19 and Animals if you have questions about pets:** <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>
- Additional guidance is available for those **living in close quarters.** (<https://www.cdc.gov/coronavirus/2019-hj-ncov/daily-life-coping/living-in-close-quarters.html>) and **shared housing** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

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

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all “high-touch” surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a cloth face covering and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.



• I think or know I had COVID-19, and I had symptoms

- You can be with others after
 - 3 days with no fever**AND**
 - symptoms improved**AND**
 - 10 days since symptoms first appeared
- Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

• I tested positive for COVID-19 but had no symptoms

- If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
- Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
- If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID, and I had symptoms.”

Si está enfermo, prevenga la propagación del COVID-19

Versión accesible: <https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Si está enfermo con el COVID-19 o cree que podría tener el COVID-19, tome las siguientes medidas para cuidarse y para ayudar a proteger a otras personas en su casa y comunidad.

Quédense en casa, excepto para conseguir atención médica.

- **Quédense en casa.** La mayoría de las personas con COVID-19 tienen un caso leve de la enfermedad y se pueden recuperar en casa sin atención médica. No salga de casa, excepto para conseguir atención médica. No visite áreas públicas.
- **Cúidese.** Descanse y manténgase hidratado. Tome medicamentos de venta libre, como acetaminofeno, para ayudar a sentirse mejor.
- **Manténgase en contacto con su médico.** Llame antes de conseguir atención médica. Asegúrese de conseguir atención médica si tiene dificultad para respirar o si tiene algún otro signo de advertencia de una emergencia, o si cree que es una emergencia.
- **Evite el servicio de transporte público,** vehículos compartidos o taxis.



Manténgase alejado de otras personas y de las mascotas en su casa.

- **En la medida de lo posible, permanezca en una habitación específica** y lejos de las otras personas y mascotas en su casa. Además, debería usar un baño aparte, de ser posible. Si es necesario que esté cerca de otras personas o animales dentro o fuera de la casa, use una cubierta de tela para la cara.
- Si tiene preguntas sobre las mascotas, vea **el COVID-19 y los animales:** <https://espanol.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Animals>
- Hay guías adicionales disponibles para las personas **que vivan en espacios reducidos** (<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>) y **viviendas compartidas** (<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Vigile sus síntomas.

- **Los síntomas del COVID-19 incluyen fiebre, tos y dificultad para respirar, pero también puede haber otros síntomas.**
- **Siga las instrucciones sobre cuidados que le den su proveedor de atención médica y departamento de salud local.** Las autoridades de salud locales le darán instrucciones sobre cómo vigilar sus síntomas y notificar la información.



Cuándo buscar atención médica de emergencia

Esté atento a **los signos de advertencia de una emergencia*** del COVID-19. Si una persona está mostrando alguno de estos signos, **busque atención médica de inmediato:**

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Confusión reciente
- Labios o cara azulados
- Incapacidad para despertar o permanecer despierto

* Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de atención médica si tiene cualquier otro síntoma que sea grave o que le preocupe.

Llame al 911 o llame antes al establecimiento de emergencia local: avísele al operador que está buscando atención médica para una persona que tiene o podría tener COVID-19.

Llame antes de ir al médico.

- **Llame antes.** Muchas visitas médicas para cuidados de rutina están posponiéndose o realizándose por teléfono o telemedicina.
- **Si tiene una cita médica que no puede ser pospuesta, llame al consultorio médico** y dígalos que usted tiene o podría tener el COVID-19.



Si está enfermo, póngase una cubierta de tela que le cubra la nariz y la boca.

- **Debe usar una cubierta de tela para la cara que le cubra la nariz y la boca** si tiene que estar alrededor de otras personas o animales, como las mascotas (incluso en su casa).
- Si está solo, no es necesario que use la cubierta de tela para la cara. Si no puede usar una cubierta de tela para la cara (debido a que tiene dificultad para respirar, por ejemplo), cúbrase la nariz y la boca de alguna otra forma al toser y estornudar. Trate de mantenerse al menos a 6 pies de distancia de otras personas. Esto ayudará a proteger a las personas que estén a su alrededor.
- No se les debe poner una cubierta de tela para la cara a los niños menores de 2 años, ni a cualquier persona que tenga dificultad para respirar o que no se la pueda quitar sin ayuda.



Nota: Durante la pandemia del COVID-19, las mascarillas de grado médico se reservan para los trabajadores de la salud y algunos miembros del personal de respuesta a emergencias. Es posible que usted tenga que hacer una cubierta de tela para la cara con una bufanda o una *bandana* o pañuelo.



cdc.gov/coronavirus-es

Cúbrase la nariz y la boca cuando tosa y estornude.

- **Cúbrase la nariz y la boca** con un pañuelo desechable al toser o estornudar.
- **Bote los pañuelos desechables usados** a un bote de basura con una bolsa de plástico adentro.
- **Lávese las manos de inmediato** con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, límpiese las manos con un desinfectante de manos a base de alcohol que contenga al menos un 60 % de alcohol.



Límpiese las manos con frecuencia.

- **Lávese frecuentemente las manos** con agua y jabón por al menos 20 segundos. Esto es especialmente importante después de sonarse la nariz, toser o estornudar, ir al baño, y antes de comer o preparar alimentos.
- **Use un desinfectante de manos** si no hay agua y jabón disponibles. Use un desinfectante de manos a base de alcohol que contenga al menos un 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron.
- **El agua y jabón son la mejor opción**, en especial si las manos están visiblemente sucias.
- **Evite tocarse** los ojos, la nariz y la boca con las manos sin lavar.



Evite compartir artículos del hogar de uso personal.

- **No comparta** platos, vasos, tazas, cubiertos, toallas o ropa de cama con otras personas que estén en su casa.
- **Lave bien con agua y jabón estos artículos después de usarlos** o póngalos en la lavadora automática de platos.



Limpie todos los días todas las superficies de contacto frecuente.

- **Limpie y desinfecte** las superficies de contacto frecuente en su "habitación para el enfermo" y el baño. Deje que otra persona limpie y desinfecte las superficies en las áreas comunes, pero no su habitación ni su baño.
- **Si un cuidador u otra persona necesitan limpiar y desinfectar** la habitación o el baño del enfermo, deben hacerlo solamente según sea necesario. El cuidador o la otra persona deben usar una cubierta de tela para la cara y esperar tanto como sea posible después de que el enfermo haya usado el baño.



Las superficies de contacto frecuente incluyen los teléfonos, los controles remotos, los mesones, las mesas, las manijas de las puertas, las llaves y los grifos del baño, los inodoros, los teclados, las tabletas y las mesas de cama.

- **Limpie y desinfecte las áreas que puedan tener sangre, heces o líquidos corporales.**
- **Use productos de limpieza y desinfectantes para el hogar.** Si están sucios, limpie el área o el artículo con agua y jabón u otro detergente. Luego use un desinfectante de uso doméstico.
 - Asegúrese de seguir las instrucciones de la etiqueta para garantizar que el producto se use de manera segura y eficaz. Muchos productos recomiendan mantener la superficie húmeda durante varios minutos para asegurarse de que se eliminen los microbios. Muchos también recomiendan tomar medidas de precaución, como usar guantes y asegurarse de tener buena ventilación durante el uso del producto.
 - La mayoría de los desinfectantes de uso doméstico registrados en la EPA deberían ser eficaces.

Cuándo puede estar cerca de otras personas después de que tuvo o probablemente tuvo el COVID-19.

Cuándo pueda usted estar cerca de otras personas (ponerle fin al aislamiento en casa) dependerá de factores diferentes en situaciones diferentes.



• **Creo o sé que tuve el COVID-19 y tuve síntomas**

- Puede estar con otras personas después de
 - 3 días sin fiebre
Y
 - que los síntomas hayan mejorado
Y
 - 10 días después de la aparición de los síntomas
- Dependiendo de la recomendación de su proveedor de atención médica y de la disponibilidad de pruebas, es posible que le hagan una prueba para determinar si todavía tiene el COVID-19. Si le van a hacer la prueba, usted puede estar cerca de otras personas cuando no tenga fiebre, los síntomas hayan mejorado y reciba dos resultados de la prueba negativos seguidos, con una separación de al menos 24 horas.

• **Tuve un resultado positivo en la prueba del COVID-19, pero no tuve síntomas**

- Si usted sigue sin presentar síntomas, puede estar cerca de otras personas después de que:
 - Hayan pasado 10 días desde que se hizo la prueba
- Dependiendo de la recomendación de su proveedor de atención médica y de la disponibilidad de pruebas, es posible que le hagan una prueba para determinar si todavía tiene el COVID-19. Si le van a hacer la prueba, usted puede estar cerca de otras personas después de que reciba dos resultados de la prueba negativos seguidos, con una separación de al menos 24 horas.
- Si empieza a tener síntomas después de un resultado positivo en la prueba, siga las directrices detalladas arriba para "Creo o sé que tuve el COVID-19 y tuve síntomas".