



# USEFUL INFORMATION ABOUT THE CORONAVIRUS (COVID-19)

## What is the Coronavirus (COVID-19)?

**Coronaviruses** are a large family of viruses which may cause illness in animals or humans. **Coronavirus disease 2019 (COVID-19)** is a respiratory illness that can spread from person to person. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. Current symptoms reported for patients with **COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.** There is **NO vaccine against the COVID-19.**

## How COVID-19 Spread?

The virus is thought to spread mainly from person-to-person.



Between people who are in close contact with one another (within about 6 feet).



Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## What is the difference between the COVID-19, Flu and Allergies symptoms?

### CORONAVIRUS\*

- Fever
- Cough
- Shortness of breath, or difficulty breathing
- Symptoms appear 2 to 14 days after exposure

### FLU

- Fever
- Cough
- Muscle aches
- Fatigue & weakness
- Chills & sweats
- Congestion
- Sore throat

### ALLERGIES

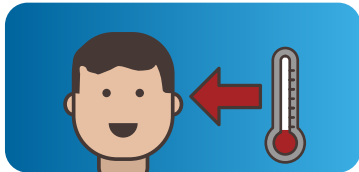
- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

\* This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

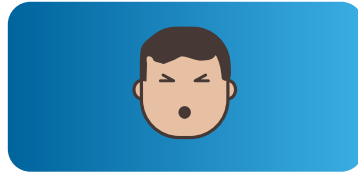


# How can I protect myself from COVID-19?

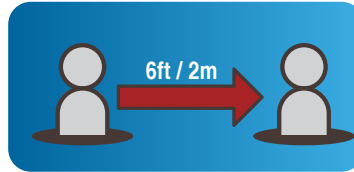
The best way to prevent illness is to avoid being exposed to the virus. CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:



Take your temperature with a thermometer two times a day and monitor for fever.



Also watch for cough or trouble breathing.



At the wharf, growing houses or packinghouse, keep your distance from others (about 6 feet or 2 meters)



Do not shake hands or hug your coworkers



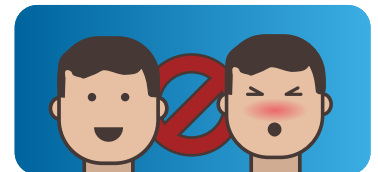
Do not share food, drinks and personal items



Clean Surfaces Frequently

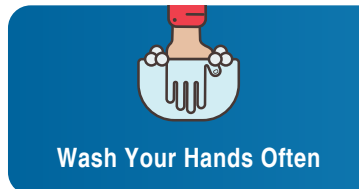


Stay Home When Sick



Avoid Sick People

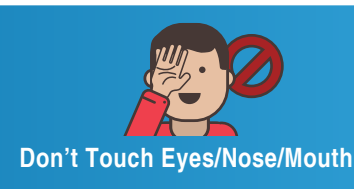
Practice Good Personal Hygiene Habits at Work:



Wash Your Hands Often



Cover Coughs & Sneezes



Don't Touch Eyes/Nose/Mouth



AGAIN, Stay Home When Sick

# How do I Need to Wash my Hands?

The following are the 6 steps for proper hand washing:

- Step 1**  
Wet your hands with water.
- Step 2**  
Put on soap.
- Step 3**  
Lather and scrub your hands and arms for about 20 seconds.
- Step 4**  
Rinse thoroughly with water.
- Step 5**  
Dry your hands completely using a clean paper towel.\*
- Step 6**  
If required for your job, put on your gloves.

\* Some farms may require the use of hand sanitizer after washing your hands and before starting work.

# CDC's recommendations for using a facemask.

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).