# Video Transcript of

# COVID-19 Infection Prevention for Agricultural Workers

During the COVID-19 outbreak, we thank all California workers who are providing essential services, including agricultural workers. Your employer is required to take steps to protect you from COVID-19, including training on how you can protect yourself from COVID-19 infection. LABORER #1 coughs into their elbow.

Symptoms of COVID-19 include fever, cough, chills, muscle pain, headache, sore throat, recent loss of taste or smell, and difficulty breathing.

The illness is spread when we cough or sneeze. It is important to wash your hands for 20 seconds with soap and water. Hand sanitizer is not as effective but can be used if a hand-washing station is not available. The virus can infect you when you touch your eyes, nose, or mouth. So wash your hands frequently and try not to touch your face.

It is also important to safely clean and disinfect commonly touched surfaces, including shared work stations, shared tools, the insides of toilet facilities, and drinking water containers. Carefully follow the label instructions and wear personal protective equipment, like gloves.

It is also important to practice safe physical distancing. This means you should stay at least six feet away from other people, whether outdoors, in vehicles, or in structures.

Stagger break and lunch times so not everyone takes breaks at the same time. Spread out the chairs so breaks can be taken six feet apart.

When not at work, avoid large gatherings and continue to practice safe physical distancing. You should also stay home if you feel sick. We all rely on agricultural workers to go to work so we can feed our families. That is why your health is essential to everyone's health.

Federal and state laws now provide agricultural workers up to two weeks of additional paid sick leave if you are unable to work because you are ordered to stay home due to a COVID-19 related quarantine, or a doctor advises you to stay home for COVID-19 concerns. Under federal law, you may also receive paid sick leave if you cannot work because you are caring for someone who is quarantined or for a child whose school is closed.

COVID-19 can be a serious respiratory illness, and you should not wait to get care if you are experiencing symptoms such as cough, fever, or shortness of breath.

If you are uninsured, you can receive FREE COVID-19 testing, examination, and treatment services through Medi-Cal, regardless of income or immigration status.

Seeking these services does NOT count under the public charge rule because it is for an emergency medical condition.

Call 877-409-9052 for more information about COVID-19 testing and treatment.

Learn more at [covid19.ca.gov](covid19.ca.gov) and [dir.ca.gov/dosh/coronavirus](dir.ca.gov/dosh/coronavirus)