How to Use This Flip Chart

- Before presenting, read through the flip chart to familiarize yourself with the content.
- Once you flip over this page, you will see the first page that participants will see. This side of the flip chart will always be facing the audience.
- The other side will include notes for the instructor that correspond to the images that the audience will see. These notes include talking points that you can put into your own words or use as a script.
- The flip chart can be presented all at once in about an hour and 15 minutes or divided into 5 lessons of about 15 minutes each.

Lessons

- 1. Introduction to COVID-19 and Prevention pt. 1: Basics of COVID-19 (symptoms and how it spreads), introduction to prevention, and physical distancing Pages 1–15 (15 min)
- 2. **Prevention pt. 2:** Face coverings and hand washing *Pages 16–23 (15 min)*
- Prevention pt. 3: Vaccines and review of prevention strategies Pages 24–33 (15 min)
- Prevention pt. 4 & Testing: Prevention at home and at work, basics of COVID-19 testing and how to get tested Pages 34–47 (15 min)

5. **Reducing Contagion and Exposure:** Testing positive and returning to work *Pages 48–53 (15 min)*







FARMWORKER STUDY

aghealth.ucdavis.edu

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Welcome

Good (morning, afternoon or evening), thank you for being here.

Today we are going to learn what the experts say about COVID-19, and what we can do to reduce the risk of getting sick, but first I want to know what you have heard about this topic.

What do you know about COVID-19? [wait briefly for responses]

Is there anything you would like to know more about? [wait briefly for responses]

I hope that today we clarify your doubts. We will also talk about some common myths about COVID-19.

Please remember that scientists are learning more about COVID-19 every day and guidelines may change as new information becomes available.



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Welcome





What is COVID-19?

COVID-19 is a virus. Viruses are very small germs. We cannot see viruses with the naked eye and would need a very powerful microscope to see them. Viruses are so small that millions of them could fit into a grain of salt.

To better understand what COVID-19 is, let's start by seeing how it got its name:

- **CO** The virus has a spherical shape with "tips" on its outer layer which form a kind of crown.
- VI means virus
- **D** disease
- 19 for 2019, the year the virus was identified

COVID-19 is a new disease and is different than the common flu. Both can cause serious illness, even one that leads to hospitalization or death. Although we're still learning about COVID-19, recent studies confirm that COVID-19 is more deadly than the seasonal flu.



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What is COVID-19?



How Does COVID-19 Spread?

All people, when we breathe, inhale (pull in) and exhale (push out) air that has been in our lungs. When that air comes out, it carries very small droplets, which could carry the virus if the person is infected with COVID-19.

Have you noticed that when it is very cold, a cloud-like vapor forms when we blow the air out, or when we speak?

Those are the droplets that come out as part of the breath all the time. When it is cold, we notice them, because the air in the lungs is warmer than the cold air.



The droplets that are exhaled can be of different sizes. The biggest ones are heavier and fall to the ground quickly. The smaller ones are lighter and can hang in the air for a while.

To see how the smallest droplets move suspended in the air for some time, think about what happens when someone is roasting hot peppers in the kitchen and the smell reaches other parts of the house. This is because the particles with the smell of the peppers have moved through the air.

In the case of COVID-19, if a healthy person breathes in droplets that carry the virus, the virus could enter their body and infect them.

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How Does COVID-19 Spread?



Common Symptoms of COVID-19

Now we are going to look at some examples of what some people might experience when exposed to COVID-19 at work.

Here we have Sara, Pedro, and Jose. They are coworkers at a local farm. Sara has recently lost the ability to smell and taste. She is nauseous and has diarrhea. Jose is tired and has a headache and chills. Pedro feels fine. All three of them are still going to work.

Who do you think could have COVID-19? [wait briefly for responses]



The truth is, all three could be infected with COVID-19. If just one of them or one of their coworkers came to work infected, they could transmit it to anyone else who works there. Sara, Pedro, and Jose may not even know if they have COVID-19.

COVID-19 is highly contagious and affects people differently. Among the differences is that there are people who have symptoms and others who never develop symptoms (known as asymptomatic). People with and without symptoms are both contagious and can spread the virus to others.

In some infected people, symptoms can appear 2 to 14 days after exposure to the virus.

Common Symptoms of COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of smell or taste
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

The following symptoms are considered serious and could be life threatening. If you have them,

call 9-1-1 immediately:

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

Common Symptoms of COVID-19



Who Can Get Sick? [wait briefly for responses]

Everybody! The COVID-19 virus can infect people of all ages and health. Young, healthy people have been known to become seriously ill from COVID-19 and others (even older people) have recovered.

However, there are people who are generally at higher risk of developing severe symptoms. People with underlying medical conditions, such as heart conditions, cancers, those with compromised immune systems, and other chronic illnesses are at increased risk for severe illness. Other factors like being overweight, smoking, having asthma, or being pregnant may also increase risk.



The reason the risk is higher for these people is because their body's defenses are fighting the conditions that affect them, and COVID-19 presents an additional fight.

If you have questions about a specific condition and how it may affect your risk, ask a healthcare professional.

Who Can Get Sick?





What Have You Heard About Prevention?

What are some of the ways you have heard about how to prevent and treat COVID-19? [wait briefly for responses]

Have you heard about medicines or other practices that can prevent or treat it? *[wait briefly for responses]*

Some strategies that we've heard include:

- Using traditional remedies
- Gargling with lemon and vinegar
- Taking antibiotics
- Drinking alcohol

Home remedies or traditional remedies can help alleviate symptoms but they do not actually treat or prevent the virus so it is important to seek medical care for COVID-19. Because COVID-19 is a new virus that does not have a treatment or cure.

In addition, some of these like alcohol and antibiotics can actually affect your immune system in a negative way. Remember, antibiotics are meant to treat bacterial infections and do not work against viruses. You should only take them if a doctor specifically prescribes it, which can sometimes happen if they suspect you might have another infection in addition to COVID-19.

It is very important not to use cleaning products for anything other than cleaning. Never drink or gargle with cleaning products like bleach. It is very dangerous for your health.

In addition to staying healthy by eating well and exercising to keep your immune system strong, there are other things you can do to reduce your exposure to the virus and steps you can take if you become infected. Let's talk more about them.



What Have You Heard About Prevention?





Prevention Step #1: Maintain Distance

To prevent infection, it is important to prevent exposure to the virus. One important way we can do this is by maintaining at least 6 feet of distance from others.

The main reason for keeping your distance between people is that COVID-19 is transmitted through the droplets that we breathe out when we breathe, talk, cough, sneeze, sing, etc. When someone is infected, the droplets they exhale spread the virus to the area around them. These droplets can travel up to 6 feet/2 meters or more.



Remember, some people may be infected even though they appear healthy. These asymptomatic people could be someone at work, in the store, and even in the family. If they do not maintain at least 6 feet of distance, they can spread the virus to others through the droplets they exhale.

This is why it is important to keep your distance and limit social interactions with people who do not live in your home.

Now we are going to look at examples of situations and think about how COVID-19 could spread.

Sara, who had been feeling sick at work, is now in bed. She is alone right now and has only been in close contact with her husband and child throughout the evening.

- What is unsafe about this situation? [wait briefly for responses]
- Even though she had only been in contact with members of her household, we do not know if her family has been infected so they may still be at risk of getting sick. Also, if she doesn't have COVID-19 and one of her family members is asymptomatic, she might end up becoming more sick if she gets COVID-19 on top of what she already has.

Pedro is not experiencing any symptoms, so he is enjoying a roast beef for his friend's birthday. There are many people and nobody is wearing a face covering.

- What is unsafe about this situation? [wait briefly for responses]
- Even though Pedro does not seem sick, it is possible that he or anyone else at the party are asymptomatic and may be spreading the virus to everyone they encounter. Especially since there are a lot of people at this gathering and they are not wearing face coverings.

Jose feels more tired than usual but keeps working. He maintains his distance when he is in the orchard, but sits with his coworkers and does not wear his face covering during lunch.

- What is unsafe about this situation? [wait briefly for responses]
- Even though he is being careful in the orchard, he is at risk of being infected when he is eating lunch. It is also mentioned that he is feeling more tired than usual but keeps working. There are many things that can cause someone to feel more tired than usual on any given day, like lack of sleep for example. But keep in mind that fatigue is one of the possible symptoms of COVID-19. It may be possible that he is pushing through his work despite feeling sick, and if he is infected, he could infect his coworkers during lunch as well.
- Although in this case, we don't know if there are other details that could explain why he is feeling more tired than usual. So, it is important that you don't ignore it if you feel unusually tired, especially if you are experiencing other symptoms of COVID-19.

Prevention Step #1: Maintain Distance





Prevention Step #2: Wear a Face Covering

In addition to staying at least 6 feet away from others, experts recommend that people over the age of 2 wear face coverings around other people, this includes close family and friends that do not live in the same household. **Do you know why that is?** *[wait briefly for responses]*

In short, face coverings block most of the droplets we exhale when we breathe and talk and help to protect us from inhaling the droplets of others who may be infected.



There are different types of face coverings made with different types of fabrics or materials. Some are more effective at blocking droplets than others because of how close the fibers are woven together. The smaller the gap between the fiber of the material, the more effective the face covering will be. Here are some examples:

- N95 These are known as "respirators". The spaces between the fibers are so small that we cannot see them with the naked eye, and they are able to stop particles that can only be seen with a microscope. N95s protect us from breathing in most of the virus particles and are very good at blocking the particles we exhale. Due to the pandemic, these types of masks are difficult to find and it is recommended that they be reserved for healthcare workers, pesticide applicators, and those who are working outside when there are wildfires.
- **Surgical mask** This mask is less effective than the N95 at protecting us from inhaling particles, but they do help to block the big droplets we exhale and protect others. This type of mask is disposable, so it is recommended that it be thrown away after one day of use.
- **Cloth face covering** Like the N95 and surgical mask, the cloth face covering helps to protect others from our droplets in case we are sick and do not know it. Cloth face coverings can be homemade from different materials, but experts recommend that they have at least three layers of material to better filter the particles. These should be washed after every use.

Remember, everyone should wear a cloth face covering when in public unless they have breathing problems, are under the age of two, or can't remove the face covering without assistance.

Your employer is required to provide a face covering to you or reimburse you if you had to buy your own.

Prevention Step #2: Wear a Face Covering















How to Use a Cloth Face Covering

Since most of us are using cloth face coverings, it is important to remember how to use it, remove it, and wash it properly. All of these steps are important in preventing the spread of the virus.

- 1. Be sure to choose a face covering size that covers your nose and mouth and fits snugly against the sides of your face.
 - If the face covering is loose, adjust the straps that secure it behind your ears or behind your head.
 - If the face covering does not fit over your nose and mouth or reveals your nose or mouth when you speak, replace it with a larger one. Make sure that it always covers your nose and mouth.
- 2. Keep more than one face covering with you so you can change it if it becomes dirty.
- 3. To remove the face covering:
 - Untie the strings or stretch the ear loops forward, making sure not to touch the outside of the face covering.
 - Fold it in half so that the outside is inside the fold.
 - If it is visibly dirty or wet, put it in a plastic bag until you can wash it.
 - Avoid touching your eyes, nose, and mouth when removing the face covering, and wash your hands immediately after removing it.

4. Wash the face covering:

- You should wear a clean face covering everyday. This means you may need to wash face coverings multiple times a week.
- To wash in the washing machine:
 - Use regular detergent with hot water.
- To wash by hand:
 - Wash with water and detergent or laundry soap.
 - Rinse well with clean water to remove detergent or soap.
- Dry your face coverings completely:
 - Dry your face covering in a warm or hot dryer or by hanging it up in direct sunlight. If you cannot hang it in direct sunlight, hang or lay it flat and let it dry completely.



How to Use a Cloth Face Covering









Myths About Face Coverings (True/False)

Now I am going to make a few statements about face coverings and I would like you to tell me if you think they are true or false.

You don't have to wear a face covering if you are outside.

- **False** You need to wear a face covering anytime you are within 6 feet of someone you don't live with. You should also always wear a face covering if you or someone you live with have been exposed to or test positive for COVID-19.
- If you are outside and not near anyone else, you do not need to have your face covering on, but you should have it available to put on as soon as someone else comes within 6 feet.

Wearing a face covering is not enough to avoid illness.

• **True** - While wearing a face covering is a prevention strategy, it is a strategy that works best in combination with distancing and washing your hands. Remember, it is important for people around you to wear a face covering to keep you safe.

The face covering reduces oxygenation.

• **False** - Some people may have a little trouble getting used to wearing a face covering and feel like they aren't getting enough oxygen. While the face covering may be uncomfortable, it does not prevent us from getting all the oxygen we need.



Myths About Face Coverings





Prevention Step #3: Washing Your Hands

Although it is more common for COVID-19 to spread through respiratory droplets, it can also spread through surfaces that have been contaminated with the virus. The virus can enter our body through our eyes, nose, and mouth when we touch these surfaces and then touch our face. This is why it is so important to wash your hands.

Some people do not believe in the importance of washing their hands. One of the questions we have heard is: If COVID-19 is so serious, how does it help to just wash your hands?



Even though it seems very simple, washing your hands with soap and water is the best way to eliminate or prevent the spread of germs and viruses. Remember the picture of the COVID-19 virus we saw earlier with the spiky crown? The COVID-19 virus has an outer layer that is made up of lipids, like what oil is made out of. As you know, if you get oil on your hands you can't wash it off with water alone, but once you add soap, it starts to come off. That's because soap separates the lipids from each other. Because of this, soap is able to break down the outer layer of the COVID-19 molecule and destroy it, so it can no longer infect you.

Always follow these five steps:

- 1. Wet your hands with clean running water (warm or cold).
- 2. **Soap up** hands until there is lathering on the palm, behind the hands, between the fingers, and under the nails.
- 3. **Scrub** your hands for 20 seconds. It's like singing the "Happy Birthday" song from start to finish twice.
- 4. **Rinse** your hands well under clean running water.
- 5. **Dry** them with a clean towel or in the air.

If soap and water are not immediately available, you can use a hand sanitizer that contains at least 60% alcohol. But soap and water is always better because it not only destroys the virus, but also removes it from your hands.

Remember to avoid touching your eyes, nose, and mouth if you have not washed your hands.

Prevention Step #3: Washing Your Hands





Prevention Step #4: Get Vaccinated

Now we are going to talk about getting vaccinated to prevent COVID-19. The more people are vaccinated, the harder it will be for the virus to spread.

How the vaccine works

In general, vaccines "teach" the body to defend itself by showing it a version of a virus that won't cause disease. For example, an inactive or dead virus, or just part of a virus. This can trigger enough of an immune response for the body to produce protective antibodies. In other words, vaccines trick the body into creating defenses against a virus. These defenses are like soldiers that your body creates that are ready for battle in case the virus enters your body.



But each virus is unique and requires its own special vaccine, so while it is important to get other vaccines, like the flu vaccine, those will not protect you from COVID-19. That is why experts recommend that you get both the flu vaccine and the COVID-19 vaccine. Because you can become infected with the flu and COVID-19 at the same time and get very sick.

Several COVID-19 vaccines have been approved for emergency use during the pandemic. The way that they work is a little different from each other, but in the end, they all teach the body how to recognize the virus by making the proteins that form the "crown" on the virus, like we saw earlier. These proteins are harmless without the actual virus, so the body is only using them to teach itself what to look for. This way, if the body ever sees something with those proteins, it will destroy it.

Remember that vaccines help your body build up defenses against a specific virus. They do not infect you with a virus.

Prevention Step #4: Get Vaccinated





Getting the COVID-19 Vaccine

Now we are going to talk about the process of getting vaccinated for COVID-19.

States and counties are deciding who gets vaccinated first by prioritizing people who are at highest risk and/or more likely to be exposed to the virus, like those who are older and essential workers, like doctors, nurses, farmers, and farmworkers. Your immigration status will not affect your eligibility to get the vaccine. The only information that is shared with the government includes the year you were born, your gender, and the county you were vaccinated in, but they will not share any information that will make it possible for you to be identified. Any other information they collect will be kept confidential.



Before being vaccinated, you should be given a fact sheet about the type of vaccine you are getting. Remember that you can always ask more questions before receiving the vaccine if you have doubts.

There are now several vaccines available for COVID-19 and all of them went through extensive testing and were shown to be safe and effective before they were approved for use. Depending on which one you get, you may need one or two shots. If you get one of the vaccines that requires two shots, you will be given a card with information about getting the second shot. It is very important that you get the second shot because you will not be fully protected without it.

If you have been vaccinated in the past, you may already be familiar with some of the common side effects. For instance, when you get the COVID-19 vaccine you may experience mild side effects, like pain or swelling where the shot was given. Some people may also feel symptoms similar to COVID-19, like feeling tired, having a headache, or chills. But just like with other vaccines, those symptoms are a signal that your immune system is reacting to the vaccine and preparing to defend itself from the virus. Side effects from the vaccine do not last long, usually less than 2 days, and are less severe than the actual disease.

It is important to continue practicing all of the prevention strategies that we have discussed even after you receive the vaccine. It takes a few weeks before the vaccine can actually protect you, since your body needs time to build up its defenses. Also, not everyone has received the vaccine, and scientists are still learning about whether or not someone who has been vaccinated can still spread the virus and infect others. It is also not known yet for how long the vaccine will protect against the virus. This is why we should continue practicing the prevention strategies we have discussed, like wearing a face covering and maintaining distance from others, until we know more.

Remember, the COVID-19 vaccine is FREE for everyone, regardless of immigration status, and is not considered a public charge.

Getting the COVID-19 Vaccine



Is the Vaccine Safe?

A lot of people are worried about getting the vaccine because it was made so fast and they hear that it uses new technology. Even though the COVID-19 vaccines were developed quickly, they were still tested as carefully as other vaccines that have been approved to make sure they are safe.

How were they tested?



During the testing process, the COVID-19 vaccines were given to a large number of volunteers of different ages, races, and ethnic groups to study if they worked. Scientists determined that the benefits of getting the vaccine were much better than the harm of an actual COVID-19 infection. Even now, they are continuing to

collect information from people who are getting vaccinated so that people can learn more about what to expect.

How were they able to develop it so quickly?

The reason the testing process was able to move so fast is because research on these types of vaccines had already been done for several years before the COVID-19 pandemic. Also, the government provided a lot of financial support to speed up the process of developing this new vaccine specifically for COVID-19.

Some people also worry that vaccines will change their DNA. DNA is the material inside your cells that has information on how your body works. You inherit what your DNA will be like from your parents, so it's basically the reason why we look like them. The instructions that come from the vaccine to teach your body how to make the harmless proteins that we talked about do not combine with your DNA. It uses our body's natural ability to build proteins that is already set up in your cells.

Are there side effects or reactions to the vaccine?

Like with all vaccines, there is always the possibility that someone might be allergic to them. The most serious type of allergic reaction, where a person might have difficulty breathing or shock, is very rare and usually happens within 15 minutes of getting the shot. This can be treated immediately with a shot of epinephrine, a medicine that is commonly used for other severe allergic reactions like bee stings or food allergies. People who have had severe allergic reactions to other vaccines in the past or certain ingredients in medicines should talk to a medical professional before getting the COVID-19 vaccine, but those with allergies that are not vaccine-related should get

vaccinated.

It is important to remember that some side effects from the vaccine, like pain where the shot was given, feeling tired, or having a headache are normal. For people who get one of the vaccines that requires two shots, it is more likely for the second shot to cause these mild side effects than the first shot. If the first shot causes a **severe** reaction, they should not get the second shot.

We still don't know how many people need to get the COVID-19 vaccine to stop it from spreading, but the more people who get vaccinated, the harder it will be for COVID-19 to spread, and the more protected the people who can't get vaccinated will be.

Is the Vaccine Safe?





Myths About the Vaccine (True/False)

Now I am going to make a few statements about vaccines and I would like you to tell me if you think they are true or false.

The flu vaccine also protects against the virus that causes COVID-19.

 False - Influenza (flu) and COVID-19 are both contagious diseases, but they are caused by different viruses so they require a different vaccine. You should get vaccinated for the flu and COVID-19 so that you don't risk serious illness from either of them alone, or worse if you were to get infected with both at the same time.



If I get a vaccine, I may feel some symptoms, but it does not mean I have the virus.

• **True** - You may feel sick, but this is the body's immune response preparing to defend against the virus. It is not because you were infected. For the COVID-19 vaccine, some people have had to take some days off of work after getting it because of the symptoms it caused, but they will not last as long or harm you like a real infection would.

If I test positive for COVID-19 after I received the vaccine, it is because the vaccine gave it to me.

 False - Vaccines do not spread the disease. They teach your body how to defend itself from specific viruses by tricking it into thinking it is infected. If you test positive after receiving the vaccine, you were likely already infected before you received the vaccine, or you became infected before the vaccine was working at full capacity. Remember, several of the COVID-19 vaccines require two shots that are administered a few weeks apart, and even after the second shot, it takes a few more weeks for them to be most effective.

If I get the COVID-19 vaccine, I don't need to wear a face covering anymore.

• **False** - Scientists are still learning about whether or not people who have been vaccinated can still infect people and for how long you will be protected if you get the vaccine. In order to protect the people around you that may not be vaccinated, you should still practice all of the prevention strategies we have discussed, including wearing a face covering.

I should still get vaccinated even if I have already had COVID-19.

• **True** - People who have already gotten sick with COVID-19 can still benefit from getting vaccinated. After getting COVID-19, you may have some natural protection against the virus that causes it, but similar to the vaccine, we are not sure how long this immunity lasts. Since

it is possible to get infected again, it is recommended that people who have already had COVID-19 get vaccinated. Depending on how you were treated for COVID-19, you may need to wait some time after you have recovered to get vaccinated. Talk to your doctor for specific guidance on your situation.

If I get the first shot of the COVID-19 vaccine that requires two shots, but I miss the second one, I will have to start over and get the first shot again.

• **False** - If you miss the appointment for your second shot of the COVID-19 vaccine, you should go get it as soon as possible. You do not need to start over with the first shot again. Just remember that it is recommended that you get the same brand of vaccine for both shots.

Myths About the Vaccine





Review the 4 steps to reduce your exposure and prevent the spread of COVID-19

Remember, the symptoms can appear 2 to 14 days after being in contact with the virus and there may also be people who do not have symptoms, but can still transmit the virus.

This makes it difficult to know if someone is infected and contagious, so it is important to follow these 4 steps to reduce your exposure and prevent the spread of COVID-19. [As you go through each step, point to the corresponding level in the image]

- 1. **Keep a distance of 6 feet/2 meters from others** and avoid meeting with people who do not live in your home.
- 2. Wear a face covering that covers your nose and mouth.
- 3. Wash your hands well frequently.
- 4. Get the vaccine when it is available.

None of these prevention methods are perfect on their own, but each method adds a layer of protection so that all 4 together can reduce the spread of COVID-19.



Reduce Your Exposure



Prevention at Home: Parties & Gatherings

Meeting virtually or only with members of your household who are consistently following the prevention strategies is the SAFEST way to gather with others. Before gathering with anyone you don't live with, check for any local "stay at home" order information.

If you do end up meeting with people who you do not live with (including family members that do not share your home or will be traveling from somewhere else), here are some things you should consider in addition to the prevention strategies we already discussed:



- Outdoors vs indoors: Remember how COVID-19 spreads through the droplets when someone breathes and how the smell of roasting hot peppers stays and travels throughout the house? Indoor gatherings trap the droplets in the air with nowhere to go. When people are outside the wind can move the infected droplets away.
- **More time, more risk:** The more time you spend closer than 6 feet to someone with COVID-19, the more you risk becoming infected.
- Number of people: In general, the fewer the people, the safer the gathering. But also consider the behavior of the other people there. Are they traveling from a place with a lot of cases? Do they follow the 4 strategies consistently? Have they been around someone who tested positive recently or are they feeling sick?
- Do not meet if you or someone else who is going feels ill or belongs to a high-risk group.
- Everyone should wear a face covering and stay at least 6 feet away from others. If someone is shouting or singing, they should increase that distance because their droplets are being propelled further.

Prevention at Home: Parties & Gatherings



Prevention at Home: Before & After Work

Leaving the House:

- If you have COVID-19 symptoms, stay home, do not go to work. Call your supervisor to let them know that you have COVID-19 symptoms.
- Wash your hands and have a few clean face coverings with you before you leave for work.



Shared Rides:

- If you travel to work with other people, always take these safety measures:
 - Wear a face covering and only travel with other people who wear face coverings.
 - Open all the windows.
 - Stay as far apart as possible.
 - Limit the number of passengers to allow for distancing as much as possible.
 - Try to travel with the same people everyday.

Arriving Home from Work:

- The same safety measures recommended for farmworkers before COVID-19 also help prevent the spread of COVID-19. When you return home from work:
 - Take your shoes off outside the house.
 - Wash clothes immediately, or separate them from other household laundry.
 - Take a bath/shower and put on clean clothes.
 - Don't hug your family or touch things in the house until you have removed your work clothes and taken a bath/shower.

Prevention at Home: Before & After Work







Prevention at Work

You can use the 4 prevention steps we've discussed at work to keep yourself safe, including wearing a face covering, maintaining your distance, and washing your hands.

However, your employer is required to protect you from the virus as well. Your employer must:

- Provide training about COVID-19 and tell you what they are doing at the workplace to protect you.
- Provide a face covering if you do not have one and reimburse you for the cost of your face covering if you bought your own.
- Make sure you can maintain 6 feet of distance from your coworkers when possible.
- Increase cleaning and disinfection protocols of shared spaces and equipment.
- Provide you with personal protective equipment, such as respirators and gloves, that are appropriate for your work task.

If someone at work gets COVID-19, your employer is required to:

- Inform you in writing if you have been exposed.
- Let you know where you can get tested or provide testing free of cost.
- Send exposed employees and those who test positive home to self-isolate for a period of time.

If you were exposed at work and are otherwise able to work, your employer may be required to provide your regular pay and benefits while you quarantine. If you are not able to work due to COVID-19, you may be eligible for Workers' Compensation or State Disability Insurance.



Prevention at Work



COVID-19 Testing

The only way to know for sure if you have COVID-19 is to get tested.

A COVID-19 test is recommended if someone:

- Has symptoms of COVID-19.
- Has had close contact with someone who has tested positive for COVID-19.
- Has had getting tested recommended to them by their employer, a doctor, or the health department.

There are two types of COVID-19 screening tests available: viral tests and antibody tests.

- A viral test checks to see if the virus is in your body and indicates if you currently have an infection. The healthcare worker will swab the inside of your nose or mouth or they may test your saliva instead.
- An antibody test checks to see if there are antibodies against the virus in your body. Remember when we talked about how your body builds its defenses when it thinks its been infected by the virus? Antibodies are part of your immune system and your body starts making a lot of them when it is trying to defend itself against an infection. Antibodies will stick around in your body even after the infection is gone because your body wants to be prepared in case there is a future infection. This is part of the reason why people are immune for a while after they recover and also why vaccines are able to work. This test may indicate whether you have previously had an infection. A healthcare worker may take a sample of your blood or saliva.

In California the test is given free of charge, it is not considered a public charge. It is important that you find out in advance if the test will be provided for free. Most insurances cover it 100% and each county has free testing locations. The only time it is not free is in some Urgent Care centers. If you do not have insurance they will bill you. It is very important that you always ask to confirm that the test is free first.

Undocumented and uninsured people can get the necessary screening and treatment for COVID-19 at no cost as well. The use of Medi-Cal for tests or treatments related to COVID-19 is not considered a public charge.

[Provide information on how to find free testing sites in your area: https://covid19.ca.gov/get-tested/#testing-site-search]







Getting Tested

Now we are going to look at some examples of what some people might experience if they need to get a screening test done for COVID-19. I'm going to ask you some questions and would like you to tell me what you think of these situations. Don't worry about getting the answers wrong. The point of this exercise is to make you think about the situation and learn about how things can happen differently depending on the person.

Sara felt bad enough that she went to the emergency room. She was given a viral test that came back positive. A doctor prescribed some medications to help with her symptoms and told her to stay home and self-isolate.



- Why do you think Sara didn't need to stay at the hospital if she tested positive? [Wait for responses]
 - Not every person infected with COVID-19 must be hospitalized. The doctor determines how to care for the patient based on their current level of health and how severe the symptoms are.

Jose went to one of his regular doctor appointments for diabetes management. He no longer felt sick and hadn't had symptoms for two weeks, but he told the doctor about his past symptoms because he was worried about his wife. She has arthritis and takes medications that lower her body's defenses (the immune system) and put her at high risk for severe COVID-19 symptoms. The doctor suggested a COVID-19 antibody test to see if Jose had had COVID-19. He also recommended that his wife get a viral test.

- Why do you think the doctor recommended an antibody test for Jose instead of a viral test like his wife? [Wait for responses]
 - The doctor will decide what they think is best based on each person's specific situation. In this case, since Jose's symptoms ended two weeks ago, the doctor wanted to know if he had it in the past out of concern for his wife. We don't know if the wife was feeling sick, but for her the concern is if she is currently infected because of her increased risk for severe symptoms.

Pedro did not have any symptoms, but he got a call from the health department and they informed him that he had recently been in close contact with someone with confirmed COVID-19. They recommended that he go get tested.

• Why does Pedro need to get tested if he does not have symptoms? [Wait for responses]

- Because there is a possibility that he is infected but is asymptomatic. It is important that he find out if he is infected because he can still spread the virus even though he doesn't have symptoms.
- What if Pedro is undocumented? Is it worth risking his private information being shared just to get tested when he doesn't even feel sick? [Wait for responses]
 - Your medical information is confidential and will not be shared with federal or immigration government agencies. It is important that Pedro finds out if he is infected so that he can take the proper measures to prevent the virus from spreading to others.

These were just a few examples of what might happen, but we don't know all the details that a doctor will consider when deciding what should happen.

Remember, each person's specific situation is different, and the doctor will decide what is best based on each person's unique circumstances. If you are ever confused about a decision or recommendation, don't be afraid to ask the doctor to explain them to you.





COVID-19 Testing True or False

Now I am going to make a few statements about COVID-19 testing and aftercare, and I would like you to tell me if you think they are true or false.

People who go to the hospital are the ones who die.

 False - Some people think that once they stay at the hospital, they will only get worse and die. Staying at the hospital does not automatically mean that you will get more sick, it just means that for now you need more care in order to increase the chances that you get better. The purpose is to try to prevent you from getting worse. You should not avoid going to the hospital if you need it.



If I go get tested, the information will not be shared with others including the government.

• **True** - Your medical information is private and is not shared. If you do test positive, that will be shared with your local health department, only so someone can contact you to ask about your infection and the people around you who may have transmitted the disease to you or may be exposed. It is not shared with federal or immigration government agencies.

All the people who go to the clinic to get tested are already contaminated.

 False - People go to the clinic for many reasons, like Jose who had an appointment for his diabetes. Some people may have some symptoms and want to get tested to be sure they don't have COVID-19.

The test contaminates the patient with COVID-19.

• **False** - The test itself does not contain the virus. The test takes a sample of your mucus or blood and then is sent to a lab to identify traces of the virus or antibodies.

COVID-19 Testing True or False





Contact Tracing

Remember that we talked about how your information would not be shared with the government, but if you test positive, that your result will be shared with the health department?

When someone tests positive for COVID-19, public health officials try to identify everyone that person may have had contact with. This is called "contact tracing".

If you test positive, someone from the health department will likely call you for information about who you came in contact with during the time you were contagious.

All the information shared with the health department staff is **CONFIDENTIAL**. Contact tracers will ask basic questions like your name and age, the places you've been, and the people you've spent time with. Those people will be contacted and told they may have been exposed to COVID-19, but your name will not be shared with them.

You will never be asked for money or information about your salary, bank account, credit cards, social security number, or immigration status. You will get advice on how to isolate yourself from others to avoid spreading the disease to loved ones and your community.

Contact tracing helps protect all of us in the community because it informs people who may have been exposed to COVID-19 so that they may take preventative steps before they potentially expose others.







What to Do if You Test Positive for COVID-19

If you test positive for COVID-19, it is recommended that you remain at home in isolation for a certain number of days. How long you need to isolate yourself will depend on the advice from a medical professional, but it is common for it to be around 10 days after the symptoms began, **and**:

- Your fever is gone for 24 hours without the help of medicine, AND
- Your symptoms (such as coughing and shortness of breath) have improved.



Isolation is necessary to prevent your respiratory droplets from coming into contact with other people. By eliminating contact with an infected person, it is possible to avoid the contagion of many more.

During isolation, you also have to be careful to avoid contact with your family. Stay in a separate room from the rest of the household and, if possible, use a separate bathroom.

It is also very important that everyone else in the household get tested and begin to monitor themselves for symptoms.

If for whatever reason it is not possible for the infected person to be in a separate room, there are a few things that can be done to minimize the risk of spreading the virus in a shared space. It is recommended to:

- Improve air circulation by opening the window.
- Eat in separate areas.
- Avoid unnecessary visits, especially for people who are at higher risk of becoming seriously ill.
- Avoid sharing personal items, including plates and cups.
- Wear a face covering when you are around other people in the home and when you go out. Although you should not go out if you are the infected person.
- Clean and disinfect the bathroom after each use.

The person in charge of taking care of an infected person should also isolate themselves and change their habits.

- Limit contact with the infected person and put on a face covering before entering the room
- they are in.
- Keep dishes separate for them to use.
- Wear gloves to handle the plates, cups/glasses, or silverware that they use.
- Wash dishes and utensils with gloves and hot water.
- Clean your hands after removing gloves or handling used items.
- Put into practice everyday preventive measures: cleaning your hands often, avoiding touching your eyes, nose, and mouth without washing your hands, and cleaning and disinfecting surfaces frequently.
- Clean and disinfect the home and also the bathroom that is shared with the infected person.
- Provide them with personal cleaning supplies such as tissues, paper towels, cleaning products, and disinfectants.

What to Do if You Test Positive for COVID-19



Returning to Work After COVID-19 Infection or Exposure

As we discussed before, if you test positive or find out that you were exposed to someone who tested positive for COVID-19, your healthcare provider and your employer (if you were exposed at work) will recommend that you self-isolate for a period of time to ensure that you do not spread the virus to others.

If you test positive for COVID-19, you must inform your employer so they can take action to protect your coworkers. Employers must exclude you from work if you test positive for COVID-19 or if you were exposed to COVID-19 at work. You are allowed to stay home if you are sick without retaliation.

If you tested positive and had symptoms, you should stay home until:

- At least 24 hours have passed since a fever of 100.4°F or higher has resolved without the use of fever-reducing medications; AND
- COVID-19 symptoms have improved; AND
- At least 10 days have passed since COVID-19 symptoms first appeared.

If you tested positive and did not have symptoms, you should stay home until:

• At least 10 days have passed since your first positive test.

If you have been exposed to someone with the virus at work, you should:

- Stay home for 10 days from the date of your last known exposure and monitor yourself for symptoms.
- If you do develop symptoms during the 10 days, you should get tested and let your employer know if you test positive.

Again, how long you need to self-isolate and when you can return to work will be determined by your healthcare provider, your employer, and in some cases, the public health department.



Returning to Work

Returning to Work After COVID-19 Infection or Exposure



Reducing Contagion True or False

Now I am going to make a few statements about reducing the spread of COVID-19, and I would like you to tell me if you think they are true or false.

It is normal for the health department to ask about certain personal information like my social security number or bank account number.

• False - Someone from the health department may call to inform you if you were exposed to someone else who tested positive or to give you advice and learn about the people who were around you if you tested positive, and this information is kept confidential. But they will never ask you for money or information about your salary, bank account, credit cards, social security number, or immigration status.



If I test positive for COVID-19, I only need to isolate for 10 days after my symptoms started even if I still feel sick after 10 days.

 False - The number of days you need to isolate yourself if you've been sick will depend on your healthcare provider's advice, but generally it is at least 10 days after your symptoms first appeared, IF your symptoms have improved AND your fever has been gone for 24 hours without the help of medicine.

If I tested positive, I can't go back to work until I get a negative test result.

 False - Your employer cannot require you to get a negative test result to go back to work. Remember, the requirements for returning to work will depend on whether or not you had symptoms. If you tested positive and had symptoms, you must stay home until: at least 24 hours have passed since a fever of 100.4°F or higher has resolved without the use of feverreducing medications; COVID-19 symptoms have improved; AND at least 10 days have passed since COVID-19 symptoms first appeared. If you tested positive and did not have symptoms, you must stay home until at least 10 days have passed since your first positive test.

If I was exposed to someone at work, I have to get tested.

• **False** - You are not required to get tested, but you should stay home for 10 days from the date of your last known exposure and monitor yourself for symptoms. If you do develop symptoms during the 10 days, you should get tested and let your employer know if you test positive.

Reducing Contagion True or False



