



Coronavirus 2019 Guidance

Educate yourself, family members, and workers on ways to prevent the spread of respiratory diseases like Coronavirus (COVID-19)

- Avoid close contact with people who are sick. Put at least six feet distance between yourself and others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched surfaces daily.
- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds especially if you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Post handouts about coronavirus prevention and symptoms in English &/or Spanish, as appropriate, in different locations around the farm (e.g., housing, shop, break areas, rest rooms, porta johns, field sanitation units, etc.) Be sure that information is posted prior to arrival of migrant/seasonal farmworkers.

The fact sheets below can be printed from:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

- Stop the Spread of Germs – English/Spanish
- COVID-19 Fighting Product List
- Handwashing – English/Spanish

Related website:

Protect Yourself

https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html

Educate yourself, family members, and workers on signs/symptoms of COVID-19: fever, dry cough and shortness of breath.

- Remember that symptoms may not occur for 2-14 days after exposure. Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19. Call ahead or do a telehealth visit (on-line visit) before going to the healthcare facility. The healthcare provider will advise you, your family or workers how to proceed based on the information provided.

- Employees should notify their supervisor and stay home if they are sick.

Employees who have symptoms of acute respiratory illness should stay home and not come to work until they are fever free for at least 72 hours (without using medication to reduce fever), other symptoms have improved (e.g., no more shortness of breath, cough, chills, muscle aches, headache, sore throat, loss of taste or smell) and at least 7 days have passed since symptoms began. For additional guidance, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

- Be sure that you have a thermometer available at home and that thermometers are available in migrant housing. To minimize cross contamination, be sure that disposable thermometer covers are available and used or that a non-touch thermometer is used.

The fact sheet below can be printed from:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

- Symptoms of Coronavirus 2019 English/Spanish

Related website:

Symptoms <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Be prepared

- Keep housing, work locations (e.g., farm shops, packing houses, restrooms and field sanitation stations) well stocked with running water, soap, paper towels, Kleenex, cleaning/disinfectant supplies, gloves and masks.
- Clean and disinfect work surfaces and other shared surfaces and areas (e.g., kitchen, bathrooms, breakrooms) frequently. Develop a schedule and follow-up to ensure that it is done.
- Be aware of food safety precautions for farmers markets, U-pick and other settings.
- Group workers into small groups (~10 people) that share the same bathroom, kitchen, transportation and worksites. Prevent contact between these groups as much as possible.
- Plan for how you would isolate sick workers to recover together, and how you would quarantine exposed workers (the rest of their crew) from nonexposed workers.
- Decide how day-to-day operations will be managed if key personnel and/or a large number of workers are quarantined due to suspected or positive coronavirus.
- Know where you will seek medical care from in the event of suspected coronavirus (e.g., personal physician, community health center, migrant farmworker program, local health department). Communicate with local farmworker health sites, if available, to determine how they can help with educating and treating farmworkers, if necessary.
- Establish a relationship with your local health department and communicate with them if you have any questions or concerns about coronavirus disease 2019 (COVID-19). You can also call 211 or the NC Department of Health and Human Services.
- Ensure that you, family members and farmworkers with chronic diseases (e.g., diabetes, high blood pressure, etc.) have an adequate supply of medication in case of quarantine.

- If you need to access care for yourself, a family member or a farmworker, knowing the answer to the questions on the Assessment of Farmworker who Reports Fever or Cough handout will be helpful.
<https://covid19.ces.ncsu.edu/wp-content/uploads/2020/03/Assessment-of-worker-with-cough-or-fever-March-18-2020.pdf?pwd=no>

Additional Guidance:

- NCDHHS Interim Congregate Living Settings Guidance for Patients with Suspected or Confirmed 2019 Novel Coronavirus (2019-nCoV) Infection
<https://files.nc.gov/ncdhhs/documents/files/covid-19/interim-covid-guidance-congregate-living-settings.pdf>
- Interim Coronavirus Disease 2019 (COVID-19) Guidance for Migrant Farmworkers, Their Employers, and Housing Providers
<https://files.nc.gov/ncdhhs/documents/files/covid-19/interim-covid-guidance-migrant-farm-workers.pdf>

Related Websites:

NC Cooperative Extension -COVID-19 Resources for Food Safety and More
<https://foodsafety.ces.ncsu.edu/covid-19-resources/>

Coronavirus prevention and control for farms
<https://www.morningagclips.com/coronavirus-prevention-control-for-farms/?fbclid=IwAR0fsN9pPGCzENRNJC9rX2Z3o5Vjv6HsBFcOVv7xVQs2FXTMIZLXFS5aLQ>

Interim Guidance for Business and Employers
<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

Routine Cleaning
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html#routine-cleaning>

Interim Guidance for Cleaning Following Exposure to Confirmed or Suspected COVID-19 Infection
<file:///C:/Users/tutorr/Documents/COVID-19%20Disinfectants/InterimGuidanceforCleaningFollowingExposuretoConfirmedorSuspectCOVID-19Infection.pdf>

Providers:

NC Farmworker Health Program Sites
<https://www.ncfhp.org/wp-content/uploads/2020/03/2020-NCFHP-and-MHC-Map.pdf>

NC County Health Departments
<https://www.ncdhhs.gov/divisions/public-health/county-health-departments>

NC Community Health Center Association

<https://www.ncchca.org/covid-19-novel-coronavirus-resources-and-information/> or email COVID19@ncchca.org

UNC COVID-19 call center for questions: 866-462-3821. Open 24 hours per day, 7 days per week.

UNC Telehealth for doctor visit for mild symptoms not needing hospital care. Download the app from iTunes
UNC URGENTCARE 24/7, or go to <https://www.uncmedicalcenter.org/uncmc/care-treatment/urgent-care/24-7-virtual-urgent-care/> or call 888-909-9681. \$49 or less depending on insurance.

You do not have to be a UNC patient to use these resources.

Avoid panic, fear and misinformation. Make sure you are getting reliable information from:

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
For quick access, download the CDC app to your phone.

NC Department of Health and Human Services (DHHS) <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

NC Emergency Management <https://www.ncdps.gov/ncem>

Find your county's Emergency Management Agency phone numbers on this website and put them in your phone. They may be able to advise you on local resources for specific farmworker needs when they arise. <https://www.ncdps.gov/Emergency-Management/EM-Community/Directories/Counties>

Remember that not all migrant/seasonal farmworkers read &/or speak Spanish. Need help with educating workers or managing care for a sick worker? Contact your local NC Farmworker Health Program site. The same Farmworker Health Program staff you've gotten to know for farmworker health services during the year will be happy to assist with COVID-19. Many of these programs are affiliated with rural or community health centers or hospitals and can also assist farm families and non-migrant farmworkers to access care.

Also, please note that to reduce exposure risk, Farmworker Health Program staff who do on-farm visits are being encouraged to conduct those screenings outside instead of inside migrant housing.



North Carolina Agromedicine Institute
1157 VOA Site C Road
Greenville, North Carolina 27834
252.744.1008
www.ncagromedicine.org

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