



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.

Related handouts:

- 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 who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever (100.4° F [38.0° C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 72 hours after resolution of symptoms and at least 7 days from symptom onset without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Employees should notify their supervisor and stay home if they are sick.
- 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 disposal thermometer covers are available and used.

Related handouts:

- 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 sanitations 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 (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.
- As much as possible, 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.
- 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.
- 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. If you do not have adequate space on the farm to isolate sick workers or quarantine exposed workers, contact your local health department, Office of Emergency Management or NC Department of Health and Human Services at 1-888-892-1162 or text questions to 898211 for their assistance in determining alternate housing arrangements. These agencies or 211 should also be able to answer any other questions or concerns you have about coronavirus disease 2019 (COVID-19).
- 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. 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.

Related Handouts:

- NCDHHS Interim Congregate Living Settings Guidance for Patients with Suspected or Confirmed 2019 Novel Coronavirus (2019-nCoV) Infection
- NC Farmworker Health Sites in North Carolina
- Assessment of Farmworker who Reports Fever or Cough

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=IwAR0fsN9phPGCzENRNJC9rX2Z3o5Vjv6HsBFcOVv7xVQs2FXTMIZLXFS5aLQ>

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 counties' 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 normally do on-farm visits have been advised to assist patients by phone during the COVID-19 crisis.



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