

CORONAVIRUS (COVID-19) TIPS

WE ARE YOUR DOL



Department
of Health



Department
of Labor



Agriculture
and Markets

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SYMPTOMS

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. Other symptoms may include sore throat, fatigue, muscle aches and pains, and decreased appetite. COVID-19 is primarily spread from person-to-person contact.

STAY HEALTHY



Wash your hands throughout the day, including at the beginning, during, and the end of your shift, and before and after meal breaks. Wash your hands after using the restroom.



Wash hands with soap and water for 20 seconds, as often as possible. Hand sanitizer is recommended if washing with soap is not available. Hand sanitizer is not effective on heavily soiled hands.



+ Disinfect personal objects you need to bring onsite, such as cell phones or car/house keys.



Cough and sneeze into tissues (or elbows if needed) and dispose of tissues immediately. Wash or sanitize your hands.



Avoid touching your mouth, nose, and eyes.



Sanitize vehicles, tools, and equipment between uses. Do not share tools and equipment before sanitizing them.



Maintain 6 feet (about 2 meters) of distance between coworkers as much as possible. Avoid direct physical contact, such as shaking hands, hugging, elbow or fist bumps.



Anyone over two years old must cover their nose and mouth with a face covering when in a public and unable to maintain 6 feet distance, unless they cannot wear one for medical reasons. Employers must provide workers with face coverings, free of charge, to wear when interacting with the public.

PROTECT YOUR COWORKERS



Do your part to regularly clean and disinfect, on an ongoing basis, all common areas at work and in housing quarters. Wash hands for 20 seconds with soap and water after cleaning. Cleaning supplies should be provided by farm operators for housing and work areas:

- Regularly clean and disinfect all frequently touched surfaces, such as doorknobs/handles, water jug spigots, chairs, benches, tables, and work surfaces.
- Clean and disinfect shared equipment, tools and vehicles.
- Regularly clean and disinfect frequently touched areas, and surfaces in housing quarters such as bathroom fixtures and showers, kitchen counters, floors, remote controls, and appliances. This

should be done several times throughout the day and at the end of each day.

- Follow label instructions and keep products away from children.



Open windows and doors to increase fresh air in rooms and hallways, such as showers, breakrooms, bathrooms, and bedrooms.



Try to stagger the use of common areas, such as breakrooms at work and common areas in housing areas, such as the kitchen and living room.




Disinfect clothing hampers. Wash clothing and linens as often as possible. Dispose of gloves and wash hands for 20 seconds with soap and water.

PREVENT THE SPREAD OF COVID-19

All workers should:



- Limit interactions with people outside of work.
- Avoid unnecessary travel.
- Obtain face coverings from their employer for use, as needed.
- Wear face coverings when in public and when social distancing is not possible.
- Not carpool unless necessary and wear face coverings when in vehicles with others.
- Limit travel to obtain essential items, such as groceries and medications.
- Avoid large crowds and gatherings.
- Immediately stop work and notify their supervisor if they develop symptoms consistent with COVID-19 while working. Workers cannot be fired and may be eligible for either the state or federal Paid Sick Leave pay (up to 14 days of pay).

 Workers with symptoms of COVID-19 or have tested positive for COVID-19, or have family members with symptoms or who have tested positive for COVID 19 should:

- Immediately inform your supervisor so that they can assist with medical care.
- In case of health emergencies, call 911 and notify the 911 operator of any COVID-19 symptoms.
- Remain isolated at home or in worker housing designated for isolated workers and rely on local health departments and employers to provide essential needs such as healthcare, food, medications and laundry.

Essential workers should not return to work until:



- At least 10 days have passed since symptoms first appeared, AND
- At least 3 days (72 hours) have passed without a fever and without the use of fever-reducing medications, AND
- Improvement in respiratory symptoms, including cough and shortness of breath.

Essential Workers returning to work after quarantine should:



- Remain in housing when not at work, under the guidance of the local health department.
- Rely on local health departments and employers to provide essential needs such as healthcare, food, medications, and laundry.
- Undergo temperature monitoring (employer will provide thermometers) and symptom checks upon arrival to work, and at least every 12 hours while at work, and self-monitor (i.e. take temperature, assess for symptoms) twice a day when at home.
- Wear a face mask or covering (employer provided) while interacting with anyone within 6 feet (about 2 meters).


EMPOWER YOURSELF



To stay informed visit:
coronavirus.health.ny.gov/home



To reach your local health department:
https://www.health.ny.gov/contact/contact_information/

 NYS Paid Sick Leave: guarantees workers job protection and provides financial compensation while you are on a mandatory quarantine or precautionary quarantine due to the coronavirus. For more information, please visit paidfamilyleave.ny.gov/covid19



To access Disability Benefits, please visit:
<http://www.wcb.ny.gov/content/main/offthejob/db-overview.jsp>



To discuss workplace conditions, please call bilingual staff at the NYS Department of Labor:
877-466-9757



If you have concerns about your work environment as it relates to COVID-19 or you are denied Paid Sick Leave by your employer, you can file a complaint. To learn more, visit labor.ny.gov/covidcomplaint