

## BEST PRACTICES FOR FARMWORKERS AGAINST COVID-19



### STEPS TO PROTECT YOURSELF

- Wash hands often with soap and water for at least 20 seconds.
- Use hand sanitizer with at least 60% alcohol when soap and water are not readily available.
- Avoid touching your eyes, nose, & mouth with unwashed hands.



### STEPS TO PROTECT YOUR HOME

- Clean & disinfect frequently touched items daily (e.g., doorknobs, tables, light switches, sinks, etc.).
- Use bleach (4 tps.) & water (1 qt.) solution\* to disinfect any frequently touched objects & surfaces. \*<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
  - If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.



### STEPS TO PROTECT OTHERS

- Stay home if you are sick & notify your employer.
- Avoid close contact with people who are sick.
- Place beds 6 feet apart, if possible, or sleep head-to-toe in rooms with multiple beds in proximity.
- Do not share items with others (e.g., cups, utensils, toothbrushes, etc.).

### Additional Information:

CDC COVID-19 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Free/Income Based Clinics in Florida - <https://www.freeclinics.com/sta/florida>