Let's use our facemasks!

Let's follow the health guidelines for COVID-19!

Get vaccinated against COVID-19!

A story about how farmworkers cope with the COVID-19 pandemic and follow safety measures to prevent its spread.

Made possible by the Washington State Department of Health
COVID-19 has affected everyone but especially farmworkers. It's not just about us, it's about protecting our families and also thinking about those around us.

We all have an important role in ending the pandemic. The vaccine will play a role in doing so.

When your turn comes, please get vaccinated. Keep wearing your face mask, continue social distancing, and washing your hands. By following these tips, you are showing your friends and family how much you care about them.

People can infect others with COVID-19 before they show symptoms, and there are even individuals who do not develop symptoms; that is why it is important to follow the safety measures.

It is the responsibility of employers, owners, and housing managers to establish safety guidelines for COVID-19. It is the workers' responsibility to follow those guidelines.
It is not your turn. There is a schedule to use the kitchen for each group.

Mario, you are not in our group.

Well, don’t forget to clean and disinfect after you guys finish.

It’s so stressful to always be cleaning. We must hurry or the bus is going to leave us.

Yes, I already cleaned and disinfected all the places we touched. Let’s go!

Well, don’t forget to clean and disinfect after you guys finish.
Hello Jesus. I haven't seen you in a long time. 

Wait, Mario. I'm also happy to see you, but we have to keep our distance. Stay over there!

Six feet!

It is difficult to follow the guidelines: I remember that I have to open the windows to get fresh air.

Yes, ventilation helps to remove air that may be contaminated.

Lets go have breakfast.

Workers in shared housing must follow the rules. They should not visit colleagues from other homes.
Make sure that you only travel with the people in your home/group. When possible, open the windows to let fresh air into the vehicle. When traveling with people you do not live with, wear a KN95 or N95 face mask.
Hopefully you don't mind sitting in the back. They recommend it to keep our distance.

Good thing Martha is going with her sister, because only 2 people can go in a car.

I have to disinfect the inside of the car such as the door handles and the steering wheel.

I have to disinfect the bus before picking up the other group of workers.

I have to disinfect the inside of the car such as the door handles and the steering wheel.
The employer must provide training on safety rules to prevent the spread of COVID-19. Also they must also provide the necessary cleaning products and personal protective equipment (PPE).

What if I have questions about the workplace policies?

Well, the supervisor should give you that information. You can also go to human resources to ask for PPE or more information.

Are you new here? Have you already received the COVID-19 training?

Yes but I still have questions.

Who do I ask for a face mask when I need it?

Ask the supervisor. By law, your employer is required to provide them.
The face mask should have multiple layers. It should also be replaced or washed everyday or when it becomes wet or humid due to sweat.

Hey Jesús, don’t forget to wash your hands and to use a face mask when you are not eating.

Okay, but you should make sure yours is worn correctly. It should cover your nose and chin. This will prevent droplets from escaping your face mask if you're sick.

The face mask should have multiple layers. It should also be replaced or washed everyday or when it becomes wet or humid due to sweat.

Hey, we should not all sit at the table. We should keep a 6 feet distance here.

OMG you're too careful!...But you're right!
It is important to clean and disinfect the most commonly touched surfaces like the tables, door handles, and tools to prevent the spread of COVID-19. Mario, remember to clean and disinfect all the surfaces that you used when you’re done eating. Why is that? Because they are the most used surfaces. Oh yea! And that way we prevent the spread of coronavirus.

I cleaned it with soap and water. Yes, you cleaned it but it is also important to disinfect. Use one of these products. This one has ethanol, this one has citric acid, and this one has peroxide. I remember that the label tells you on which surfaces the product can be used.
When you clean with water, soap, and a towel (microfiber) you only reduce the number of germs and dust. That is why we should disinfect the surfaces to eliminate the coronavirus. Always read the label, follow the instructions and always use the required PPE.

On the product label it says that we should leave the surfaces wet 2-3 minutes if we are disinfecting them.

Alright. Let me open the door so the room can have some ventilation, since these products are really strong.

It is not recommended but if it’s the only thing you have, you should follow the instructions on the bottle to dilute bleach correctly.

...and what if we only have bleach, could we use it to disinfect?

Remember: Don't mix bleach and ammonia. This type of mixture can cause a chemical reaction that can be damaging to your health and can be deadly.
Héctor, what is wrong?

My head and my throat hurt.

If you have COVID-19 symptoms or are feeling sick, you should stay home. All employers should have rules and an action plan for coronavirus.

I think my coworker is sick and may have the virus. He is coughing, he has a headache and his throat aches. Can you come take a look?

I'll be there in 15 minutes. Make sure Héctor and his group are isolated.
He needs to see a doctor. What should we do?

I'll call the doctor since it is the responsibility of the employer to arrange for care.

And if he can't work, how will they pay him?

Here is the information. It is the employer’s responsibility to share information about paid sick leave and work benefits.
Have you received the COVID-19 vaccine?

No! They want to insert a chip in us!

I even heard that the vaccine will change our DNA! But those things are not true.

Meanwhile...

My doctor explained to me the vaccines are safe & very few people have had adverse side effects.

The coronavirus vaccine is one of the most important tools to fight the pandemic but we all have to get vaccinated to stop the spread of the virus.

If we get the vaccine, it will prevent us from getting the more serious symptoms caused by COVID-19.

Do you know what we need to do to get the vaccine?

My doctor said we should register using this link: Find My Phase WA.

They will notify you when you are eligible to get the vaccine.
Hi Diana. Guess what? I got my vaccine!

I already made my appointment to get mine. Why are you still using your facemask?

Because even though we are vaccinated, we still need to follow the safety guidelines. Not everyone has gotten the vaccine.

We should encourage our family members and coworkers to get the vaccine.

We all want things to go back to normal.

For this to be over it is important for us to get vaccinated, follow the health and safety guidelines and take care of our hygiene.

There are different types of vaccines that exist and help the body fight the coronavirus. If enough people get vaccinated the virus won’t have anywhere to go and the community will be more protected.
The COVID-19 vaccine and test are available at no cost for everyone regardless of immigration status or health insurance coverage.

**How do I find a place to get vaccinated?**
For information about COVID-19 in your county: Call: 211 or WA Department of Health | 1-800-525-0127

**How do I know when it's my turn to get the vaccine?**
Find Your Phase WA: [https://form.findyourphasewa.org/210118771253954](https://form.findyourphasewa.org/210118771253954)

**Where can I get tested for COVID-19?**
WA Department of Health | 1-800-525-0127

**Where can I report unsafe working conditions?**
WA State Department of Labor and Industries | 1-800-423-7233, Press 2 & then 2

**Where do I call to report a workplace injury or illness?**
WA State Department of Labor and Industries | 1-800-547-8367, Press 2

**Where do I call for information on paid family and medical leave?**
Employment Security Division | 1-833-717-2273

**How can I learn more about benefits or programs for workers?**
Northwest Justice Project | Call or text: 509-225-0026

**What do I do if I get sick and they fire me or stop paying me?**
WA State Department of Labor and Industries | (509)-735-0111 or (425)-258-6372
Follow all safety guidelines against COVID-19:

- COVID-19 training
- 6 feet distance
- Cleaning & disinfecting
- Washing hands
- Using a face mask

It is the employers responsibility to:
- Establish workplace policies
- Train workers
- Provide personal protective equipment (PPE) and cleaning products
- Isolate and care for sick workers
- Provide food, transportation, and medical care
- Provide information on paid leave and worker's compensation.

It is the workers responsibility to:
- Follow the employer's rules
- Wear mask and PPE
- Visit only workers in your group
- Notify employer if you have symptoms or are sick
- Follow your doctor's recommendations

Credits and acknowledgments

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