HOW TO PROTECT YOURSELF & YOUR FAMILY FROM COVID-19

Cleaning and Disinfecting

Wash your hands frequently using soap and water for at least 20 seconds or use an alcohol- based hand sanitizer with at least 60% alcohol.

Avoid touching your eyes, nose, and mouth without washing your hands.

Cough and sneeze into a tissue or flexed elbow. Dispose of tissue immediately after use.

Wear a cloth face covering (such as a scarf or bandana) in public places, including work.

Avoid sharing personal items with others (food, cups, gloves, handkerchief).

When you get home from work, make sure to remove your work clothes (keep them separate from other clothes) and shower.

Clean and disinfect surfaces and objects you touch often (doorknobs/ handles, restrooms, tables, water jug, tools, vehicles).

Social Distancing

WORK

Reduce number of passengers when traveling to and from work.

Maintain a distance of 6 feet (2 meters) at all times when in the fields, orchards, vineyards, and packing houses.

6 Feet

2 Meters

Avoid social greetings such as handshakes, hugs, and fist and elbow bumps.

HOME

"Stay Well at Home Order"
Besides going to work, only leave home to perform essential activities (grocery shopping, medical care, laundry).

6 Feet

2 Meters

When possible, arrange sleeping areas to create a 6-foot (2-meter) distance between beds.

Avoid social gatherings and celebrations (birthday parties, weddings, BBQs).

For more information, contact:

Enter contact information here

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LA GRIT MEDIA

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