



### HEALTH TIPS FOR FARM WORKERS

CONSEJOS DE SALUD PARA TRABAJADORES AGRÍCOLAS



#### Mask-up indoors when feeling sick.

Enmascare en el interior cuando se sienta enfermo.



#### Stay up to date with your COVID-19 vax and boosters.

Manténgase al día con sus vacunas y refuerzos COVID-19.



#### Let your employer know when you are sick.

Informe a su empleador cuando esté enfermo.



#### Cover your mouth when you cough or sneeze.

Cúbrase la boca cuando tosa o estornude.

### WHO WE ARE

Pennsylvania growers know that keeping h2a migrant workers, seasonal farm labor camp (SFLC) workers, and non-English speaking workers healthy takes a team, and we are here to help. The Bureau of Epidemiology's COVID-19 Workplace Team provides health resources, free of charge, to Pennsylvania's working farms and orchards.

### WHAT WE DO

The COVID-19 Workplace Team supports farm workers' health so that they have the opportunity to learn how [COVID-19](#) spreads, can be prevented, and how to keep themselves, their families, and their communities healthy.

Often farm workers work in a place for only a short time and often share housing which can complicate keeping sick people from infecting others. Gathering guidance, supplies, and tools before an outbreak is key.

Workers may not speak English and often have different reading abilities which can make it hard to communicate complex issues. To bridge that gap, the workplace team is able to provide and create COVID health messaging for organizations that support h2a migrant workers and non-English speaking farm workers in multiple languages and with visual graphics.



### WHAT WE OFFER

Free Public Health Consultations

Coordination of COVID-19 vaccination and booster appointments

Translation of educational materials into many languages

At-home COVID-19 test kits, masks, and hand sanitizers

### TO MAKE A REQUEST OR GET MORE INFORMATION:



**1-877-PA-HEALTH** (1-877-724-3258)



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