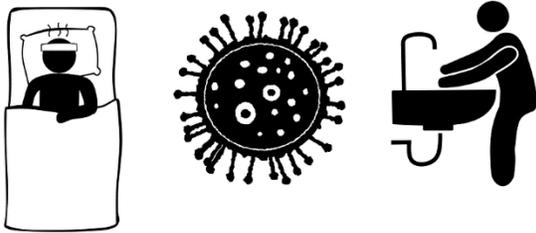


WHAT IS COVID-19?

The coronavirus known as COVID-19 is a new strain of virus that hasn't been identified before in humans. It can resemble common cold or flu symptoms at first but can become a more serious respiratory disease.

The symptoms of coronavirus are very similar to the flu – fever, cough, body aches and tiredness –and they can worsen and cause pneumonia (fluid in the lungs that leads to shortness of breath). The COVID-19 illness is more severe than the flu, and the chance of dying from it is greater than the seasonal flu. COVID-19 has been able to spread from person to person very easily and requires an immediate response to protect workers and the general public.



PROTECT YOURSELF!

REMEMBER TO TAKE PREVENTIVE ACTIONS recommended to prevent the spread of respiratory viruses.

- Avoid close contact with sick people and practice social distancing [6-foot separation].
- While sick, limit contact with others as much as possible.
- Stay home if you are sick.
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.

HEALTH RIGHTS AT WORK

- Your employer is responsible for providing proper training, relevant personal protective equipment, and record-keeping of possible exposures and infection. If you get sick, tell your boss right away. Full time workers are entitled to 80 hours of paid sick time under certain circumstances. You further also may be entitled to workers' compensation if you get sick at work.

If you have any questions about your legal rights if your get sick or fear getting sick while at work, call us.

Legal Assistance In New York:

Farmworker Law Project - Office: 845-256-9096 or WhatsApp: 845-422-6624

Email: flp@lasmny.org