COVID-19 (Coronavirus 2019)
QUICK FACTS FOR FARM WORKERS

May 14, 2020

Know the signs

Although COVID-19 is an illness caused by a new strain of coronavirus it is not much different than other respiratory viruses. Learn more below!

Symptoms of COVID-19

- fever
- cough
- chills, shaking
- muscle pain
- shortness of breath
- sore throat
- headache
- new loss of taste or smell

IMPORTANT POINT!

Most people have mild symptoms and get better on their own at home. Those most at risk for severe illness are the elderly and those who have other health problems.

WHEN TO SEEK MEDICAL HELP!

If you have any of the following, you should call your health care provider right away:

- difficulty breathing
- high fever
- other unusual or concerning symptoms

Prevent COVID-19

Preventing COVID-19 is much like preventing other respiratory illnesses like colds and flu.

wash your hands

Wash them often with soap and water.

don't touch your face

This is the easiest way for germs to get into your body.

keep sanitizer close

Use sanitizer with at least 60% alcohol; use it often and tell children and people around you to do the same.

avoid sick people

This helps you keep from being exposed to other people's germs. COVID-19 spreads most easily when people have symptoms.

stay home

Stay home if you suspect COVID-19 for 72 hours after your fever goes away but no less than 10 days from when you became ill.

stay 6 feet away from others

Keeping distance between people makes it harder for germs to spread.

wear a face covering

A face covering helps prevent the spread of germs from one person to another.

eat right and exercise

Eat healthy and exercise to help your immune system and speed recovery from illness.

Have questions?
Call the 24/7 COVID-19 call center: 1-800-962-1253. You can also call 2-1-1, text NJCOVID to 898-211, and visit: https://www.nj.gov/health/cd/topics/ncov.shtml.