COVID-19 (Coronavirus 2019)

QUICK FACTS FOR FARM WORKERS

9/15/2020

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
- ✓ shortness of breath
- ✓ sore throat
- ✓ chills, shaking
- ✓ muscle pain
- ✓ headache
- ✓ new loss of taste or smell
- ✓ nausea, vomiting
- ✓ diarrhea
- ✓ stuffy or runny nose

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.

stay home

Stay home if you suspect COVID-19 for 24 hours after your fever goes away, but no less than 10 days from when you became ill.

don't touch your face

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

stay 6 feet away from others

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

keep sanitizer close

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

wear a face mask

A cloth or disposable face mask helps prevent the spread of germs from one person to another.

avoid sick people

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

eat right and exercise

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

If you have other diseases such as heart disease, diabetes, lung disease, cancer, etc., talk to your doctor now and come up with a plan on what to do if you become sick.

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.