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# DISASTER GUIDE FOR FARMWORKERS

## TIPS ON COVID-19 AND DISASTER PREPAREDNESS



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ENGLISH



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# SAFETY STEPS FOR ANY DISASTER

# SAFETY TIPS



## GET ALERTS

Alerts are warning messages from public safety agencies to help you know what to do in an emergency.

- ✔ Sign up at **CalAlerts.org** for emergency alerts to be sent to your phone.
- ✔ Sign up for alerts in the counties where you currently live and work.

## MAKE A PLAN



Make a paper contact list with names and phone numbers of your family and people you care about so you can reach them in a disaster. Give everyone on the contact list a copy of the list.

Pick meeting places outside of your neighborhood to reunite if your family gets separated during the disaster and can't go home.

Make sure that everyone knows where your meeting places are and practice getting to them.

Know that everyone is welcome at emergency shelters. Under California state law, all public shelters must be accessible and no one running an evacuation shelter can ask you for your ID.



## PACK A GO BAG

Disasters happen fast. Pack up important items now, so you and your family will have what you need later:

- ✔ Copies of important documents.
- ✔ Your contact list and a map marked with routes to get to your meeting places.
- ✔ A list of all prescriptions taken by family members.
- ✔ A list of what you will grab as you leave, including:
  - Keys, wallet, or purse
  - Phones and chargers
  - Medications



## BUILD A STAY BOX

In some disasters, you may be safer staying at home. Damage from the disaster might mean there is no electricity or water. Save up a little at a time until you have enough for everyone in your household to get by for 3 days:

- ✔ Water for both drinking and washing.
- ✔ Food that doesn't go bad and doesn't need to be cooked. Remember food for any pets.
- ✔ Plastic bags and a bucket for a makeshift toilet.

If you already own a flashlight or a portable radio, keep it someplace easy to find.



### IF YOU NEED TO EVACUATE, KEEP COVID-19 IN MIND:

- ✔ When you check on neighbors before evacuating, stay at least 6 feet away.
- ✔ Make sure everyone has a mask or face covering. Bring hand sanitizer and disinfecting wipes if possible.
- ✔ Check with friends or relatives you might stay with and ask if they have symptoms of **COVID-19** or are at high risk for serious illness. Make other arrangements as needed.
- ✔ If you stay in a public shelter, stay at least 6 feet from other people outside of your household, wash your hands often, cover coughs and sneezes, and wear a mask.
- ✔ Some symptoms, like dry cough, sore throat, and difficulty breathing can be caused by both wildfire smoke exposure and **COVID-19**. Symptoms like fever or chills, muscle or body aches, and diarrhea are not related to smoke exposure.

## WILDFIRE

A Red Flag Day means the weather may lead to extreme fire. **Prepare NOW.**

Add food, water, clothing and other necessities to everyone's **Go Bags**. Don't forget to plan for any pets.

Get a mask to protect your lungs. If you are working outdoors and the Air Quality Index for particulate matter 2.5 reaches 151, employers are required to provide you with N95 masks for voluntary use or have you work indoors where there is filtered air.

If you are at work, make sure you know the emergency procedures and routes to safety.

Keep your vehicle's gas tank at least half full or have other transportation to evacuate. Leave when told!



## FLOOD

Get plastic tarps, sandbags to keep out water.

Camping along water is always a risk. You don't know when rivers or streams may flood.

If you've been told to leave, go. Don't wait until you see rising water to go to higher ground.

Do not walk through moving water. It can make you fall, and you can't tell how deep it is or what the water is hiding.

Never drive into flooded areas, even if it means you can't get home or can't get to work.



## EARTHQUAKE

Protect yourself when the earth shakes:

- ✔ **DROP** where you are, onto your hands and knees
- ✔ **COVER** your head and neck with one arm and hand
- ✔ **HOLD ON** until shaking stops

If you are inside, stay inside and get under a table, **COVER** and **HOLD ON**.

If you are outside, move away from anything that could fall and hurt you.

Be ready for aftershocks.

If you get trapped in a collapsed building, protect your mouth, nose and eyes from dust. If you have a cell phone—call **911** if you can. Bang on a pipe or wall to help others find you.



## HELP OTHERS GET READY

Think about who you can rely on in an emergency and who will rely on you.

Talk with people you trust about planning ahead: health care workers, school staff, faith leaders.

Know the roles your fellow workers and employer play when if disaster strikes at work.





Family and community is everything, and we'd do anything to protect them. That's why we must take action to keep ourselves and our loved ones safe from COVID-19. We are all in this together.



## SAFETY TIPS FOR HOME

When you go to work, the store and other places, you increase the risk for COVID-19 for others in your home. Take action to keep yourself and your loved ones safe.

When you get home, avoid touching anything or anyone until you can remove your face covering or mask and wash your hands.

- Take your mask off and immediately wash it or put it in your laundry bag.
- Wash cloth masks before reusing. Throw away disposable masks after each use.
- Wash your hands, arms and face with soap and warm water or take a shower or bath.



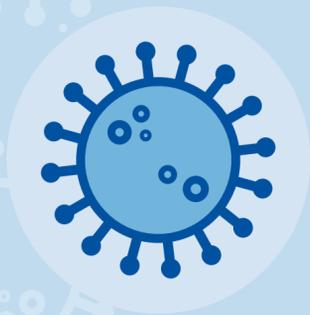
If you are sharing living quarters with fellow workers or other families, try and keep at least 6 feet apart from others, wear a mask in common areas and frequently clean common surfaces. Wash hands often with soap and water for 20 seconds.



Avoid close contact with people in your home who are over 65 years of age or have health issues and are at high risk for getting very sick from COVID-19. Do not shake hands, hug or share food using the same fork or drink from the same cup.



If people at high risk for getting very sick from COVID-19 care for the children in your household, the children should not play or visit with people outside your household.



## COVID-19

COVID-19 and what to do if you or someone you live with is sick.

Isolate at home and do not go to work if you have:

- Cough
- Fever
- Difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Tested positive for COVID-19 or had contact with someone who has tested positive for COVID-19

Seek immediate medical attention if your symptoms become severe, including trouble breathing or persistent chest pressure.



If you become sick and you live in communal housing provided by your employer, then your employer has to provide a safe and isolated space for you to recover.



If someone in your household tests positive for COVID-19, everyone in your household should get tested right away. Everyone should quarantine for at least 14 days.



## SAFETY TIPS FOR HOME, WORK AND IN PUBLIC

Take steps to stay healthy and protect your loved ones, like your grandmother or your cousin, who may face a higher risk of getting very sick because of their age or other health conditions:

Avoiding gatherings and visiting with people that don't live with you.

Do not shake hands, hug or have any unnecessary physical contact.

Try not to touch your eyes, nose or mouth.



COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. Stay at least 6 feet away from others and wear a mask or face covering over your nose and mouth at all times if you are in public, at work or visiting family or friends that don't live with you.

Wash hands often with soap and water for 20 seconds or use hand sanitizer when you can't wash hands.

Anytime that you ride with others, sit far apart. Keep windows open and wear a mask.

## WHERE TO GET HELP FOR YOU AND YOUR FAMILY

Even if you're undocumented and/or don't have health insurance, you can get free COVID-19 testing and treatment through Medi-Cal.

- If you don't have insurance or have Medi-Cal but not a regular doctor, call "Medi-Nurse," a 24/7 nurse advice line available to talk about COVID-19 symptoms in multiple languages at 1-877-409-9052.
- COVID-19 Hotline (multiple languages): 1-833-422-4255.
- COVID-19 Testing: Find a COVID-19 testing site near you at covid19.ca.gov. If you do not have internet access, call 1-888-634-1123.
- COVID-19 Related Sick Leave: Farm workers have a right to up to 80 hours of paid leave if quarantined or infected with COVID-19. For questions, call ALRB: 1-800-449-3699.

## SAFETY AT WORK

Reduce your risk at work and protect each other from getting sick.



Your employer must provide face coverings or masks to you or reimburse you if you purchased your own for work.



Wear a mask over your nose and mouth and keep at least 6 feet apart from others as much as possible.



Try not to touch your eyes, nose or mouth.



Wash hands often with soap and water for 20 seconds or use hand sanitizer when washing stations are unavailable.



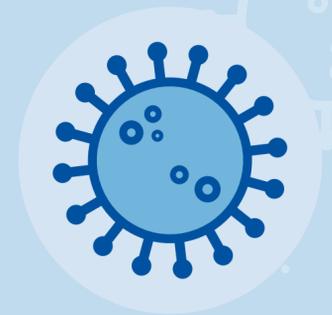
Avoid sharing phones, other work tools, or equipment wherever possible. Ask for disinfectant to clean tools and common surfaces.



If you have been exposed to someone at work known to have COVID-19, your employer has to tell you that you have been exposed.



Speak up if your job is not safe. You cannot be fired for complaining about health and safety issues.



## COVID-19



Separate a household member who is sick from others, especially from those at higher risk. If possible, have one person take care of the person who is sick. Have the person who is caregiving wear a mask and have the person who is sick wear a mask, if they are able.



If you don't have a place to quarantine at home, you may be able to get temporary housing through your county and Housing for the Harvest.



Avoid sharing household items at the same time, such as towels, dishes and bedding, with the person who is sick. If you don't have a separate room for a sick person, hang a sheet or plastic curtain in the bedroom or sleep head to feet.



You may receive a call from your county public health department asking you who you have been in contact with. Your personal information will not be shared, and you will not be asked about your immigration status. The information you share is an important part of protecting your loved ones and your community.

# WHERE ARE YOU FROM?



Text VOX to 211211 to get the website link to an audio file of this guide in your home language if you are from:

1. San Miguel Cuevas, Juxtlahuaca, Oaxaca (Mixteco)
2. Vicente Guerrero, Metlatonoc, Guerrero (Mixteco)
3. San Sebastián del Monte, Santo Domingo Tonalá, Oaxaca (Mixteco)
4. Yucuquimi de Ocampo, Tezoatlán de Segura y Luna, Oaxaca (Mixteco)
5. San Martín Peras, Juxtlahuaca, Oaxaca (Mixteco)
6. San Juan Piña, Juxtlahuaca, Oaxaca (Mixteco)
7. San Juan Coatecas Altas, Ejutla de Crespo, Oaxaca (Zapoteco)
8. San Martín Itunyoso, Tlaxiaco, Oaxaca (Triqui)
9. Ayototla, Zapotitlán Tablas, Guerrero (Tlapaneco)
10. Turícuaro, Michoacán (Purépecha)

Additional languages with audio files are available at [listocalifornia.org/farmworker](https://listocalifornia.org/farmworker).

# DISASTER READY CARD



## DISASTER READY CARD

# WHERE TO GET HELP FOR YOU AND YOUR FAMILY

## HELP WITH BASICS

**CalWORKs:** Apply online: [benefitscal.org](https://benefitscal.org) or find the number to call Social Services within your local county at [cdss.ca.gov/county-offices](https://cdss.ca.gov/county-offices).

**General Relief:** Contact your **local county** about general relief/general assistance.

## FOOD:

**Food bank:** Find a food bank near you at [cafoodbanks.org/find-food-bank](https://cafoodbanks.org/find-food-bank).

**CalFresh:** 1-877-847-3663 and [getcalfresh.org](https://getcalfresh.org).

**WIC:** Call 1-888-WIC-WORKS (1-888-942-9675) or find an office near you at [myfamily.wic.ca.gov](https://myfamily.wic.ca.gov).

## HOUSING:

**Housing for the Harvest:** Your county may be providing housing for isolation. You can find more information at [covid19.ca.gov/housing-for-agricultural-workers](https://covid19.ca.gov/housing-for-agricultural-workers).

**Housing opportunities:** Call 2-1-1.

## IMMIGRATION:

Contact an immigration legal services provider funded by the State of California. Find a provider:

<https://cdss.ca.gov/benefits-services/more-services/immigration-services/immigration-services-contractors>.

## RENT:

For tenants who cannot pay their full rent during the period between March 1, 2020 and January 31, 2021 because of **COVID-19**, there are protections against eviction available. These protections apply to all residential tenants, including mobile home tenants, regardless of immigration status: [landlordtenant.dre.ca.gov](https://landlordtenant.dre.ca.gov).

Learn more about what to do if you can't pay rent: [covid19.ca.gov/housing-and-homelessness](https://covid19.ca.gov/housing-and-homelessness).

## UTILITIES:

Water systems are prohibited from shutting off water during the **COVID-19** crisis due to non-payment. Please go to [watershut-off.covid19.ca.gov](https://watershut-off.covid19.ca.gov) to report any water shutoff or reconnect issue. Please call 1-844-903-2800 if you need translation help to file a report.

Many utility providers are not shutting off services due to non-payment during the **COVID-19** pandemic. Visit [cpuc.ca.gov/covid19protections](https://cpuc.ca.gov/covid19protections) or call 1-866-849-8390 for more information.

## CHILD CARE:

Find a child care provider near you on a map: [mychildcare.ca.gov](https://mychildcare.ca.gov).