



**UCDAVIS**

Western Center  
for Agricultural Health  
and Safety

# Health, Safety and COVID-19

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Education and Outreach Specialist





**UCDAVIS**

Western Center  
for Agricultural Health  
and Safety

- Multidisciplinary center located at UC Davis.
- Almost 30 years history of engaging agricultural communities.
- Reaches over 3,000 individuals- trainings, presentations, health fairs.



# California COVID-19 By The Numbers

August 17, 2020

Numbers as of August 16, 2020

## CALIFORNIA COVID-19 SPREAD

**628,031 (+6,469)**  
**CASES**

### Ages of Confirmed Cases

- 0-17: 61,538
- 18-49: 378,186
- 50-64: 119,629
- 65+: 67,816
- Unknown/Missing: 862

### Gender of Confirmed Cases

- Female: 315,642
- Male: 305,562
- Unknown/Missing: 6,827

**11,242 (+18)**

**Fatalities**

### Hospitalizations

Confirmed COVID-19

**4,975/1,589**

Hospitalized/in ICU

Suspected COVID-19

**1,357/222**

Hospitalized/in ICU

For county-level  
hospital data:  
[bit.ly/hospitalsca](https://bit.ly/hospitalsca)

Your actions **save lives.**

For county-level data:  
[data.chhs.ca.gov](https://data.chhs.ca.gov)

[covid19.ca.gov](https://covid19.ca.gov)

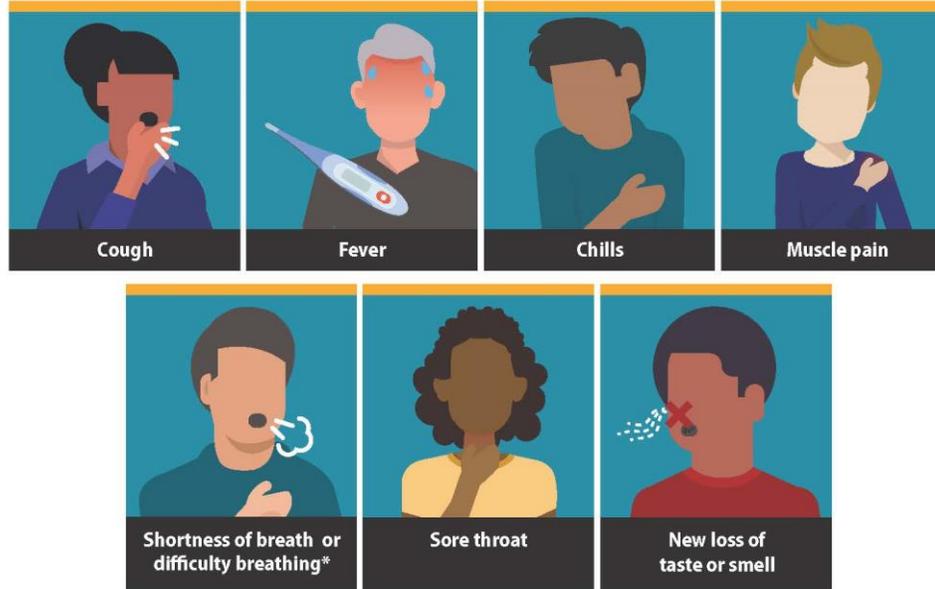


Positive cases by race/ethnicity	
American Indian or Alaskan Native	.02 %
Asian	5.4 %
Black	4.3 %
<b>Latino</b>	<b>58.8 %</b>
White	17.0 %
Other	12.8 %
Multi race	0.8%

<https://update.covid19.ca.gov/#top>

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

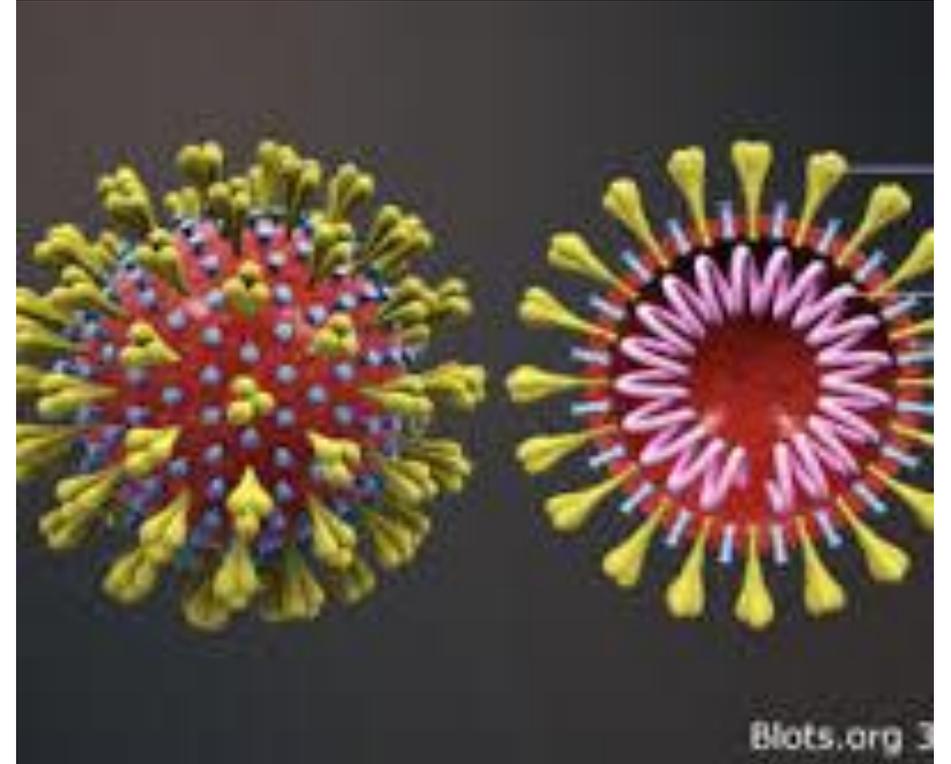
This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

<https://aghealth.ucdavis.edu/covid19>

# New Virus

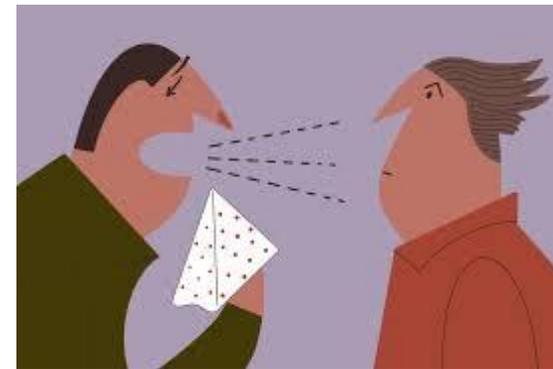
## COVID – 19

- CO = corona
- VI = virus
- D = disease
- 19 = 2019, the year it was identified



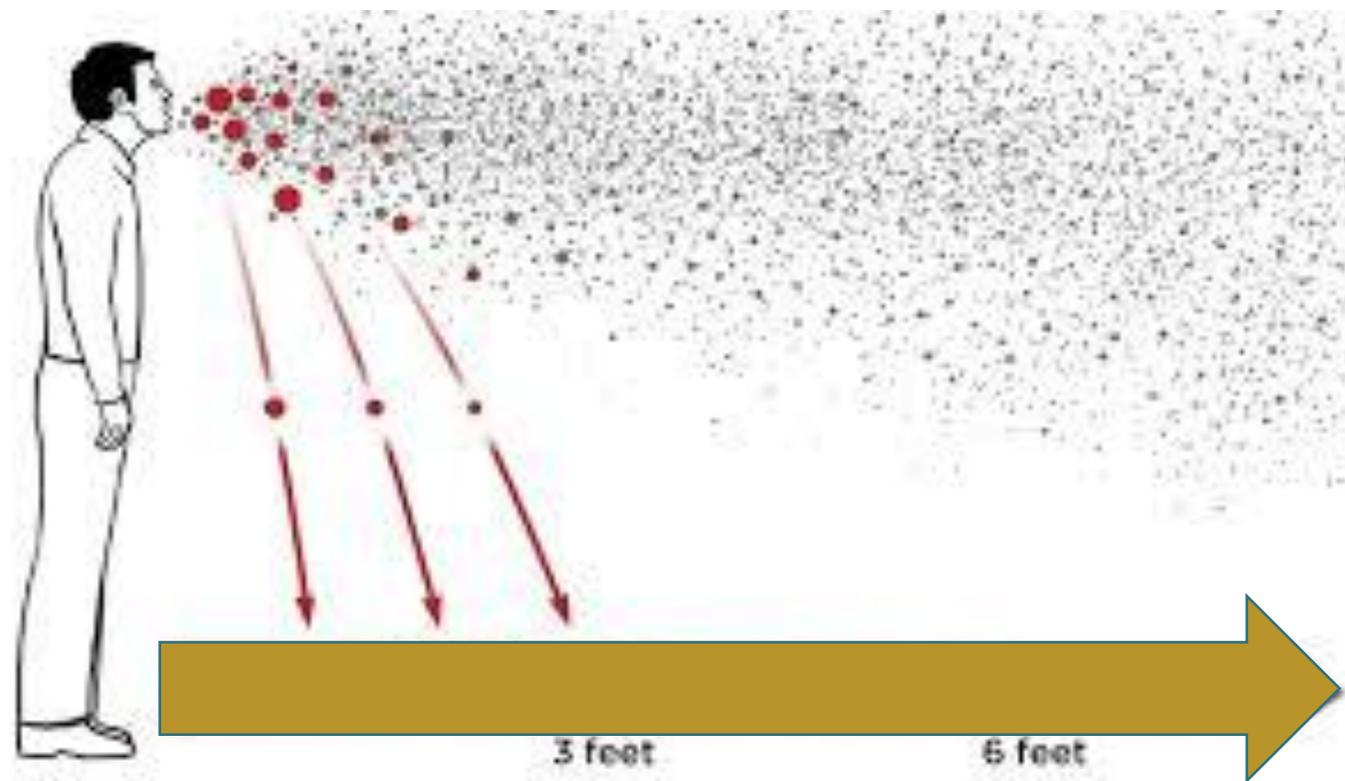
# How COVID-19 Spreads

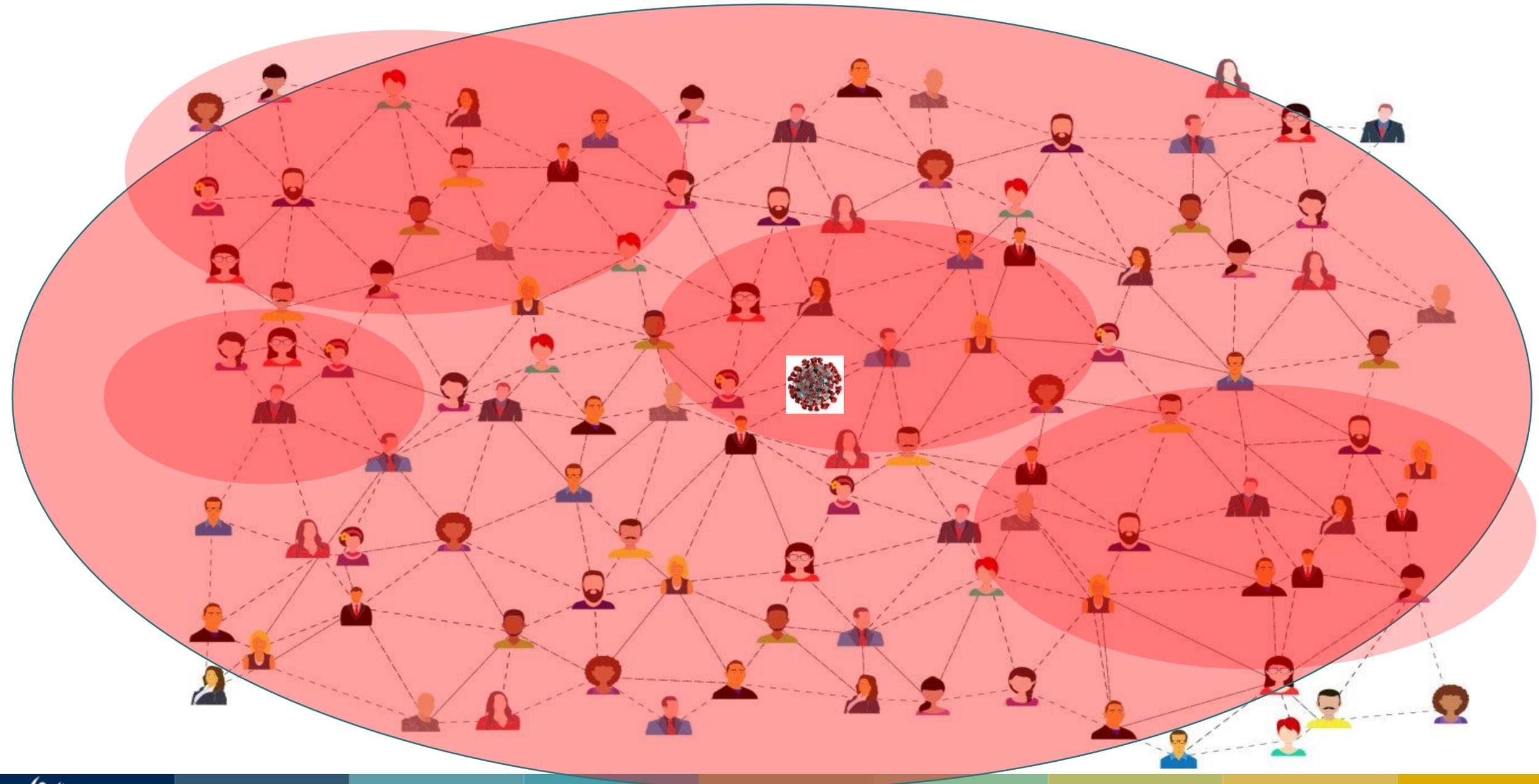
- Through respiratory droplets
- It may be possible to get COVID-19 by touching a surface or object.



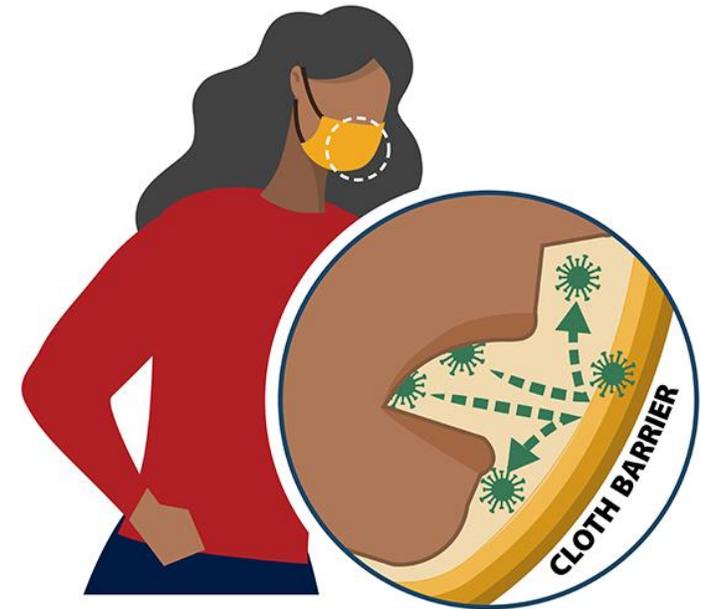
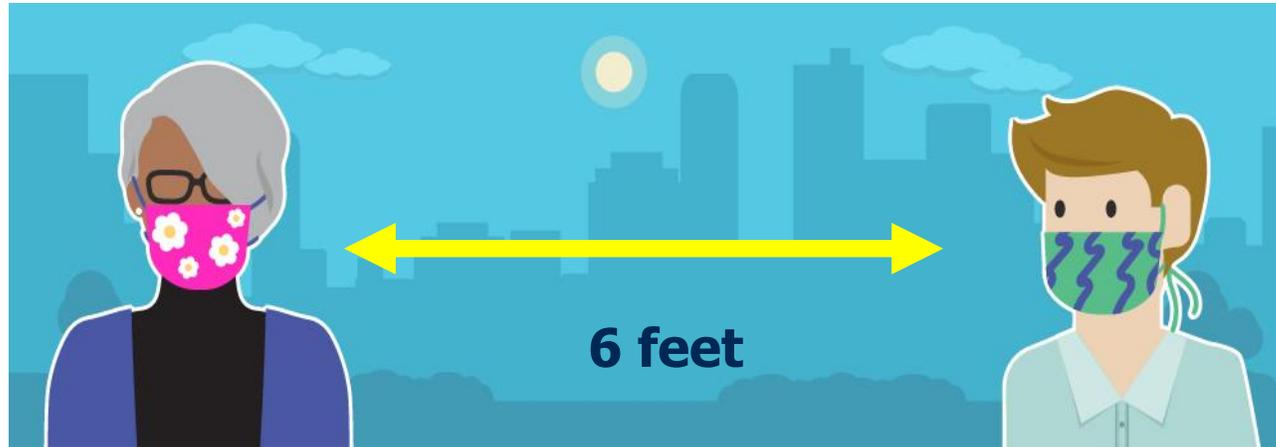
# Transmission

- Symptomatic
- Pre-symptomatic
- Asymptomatic

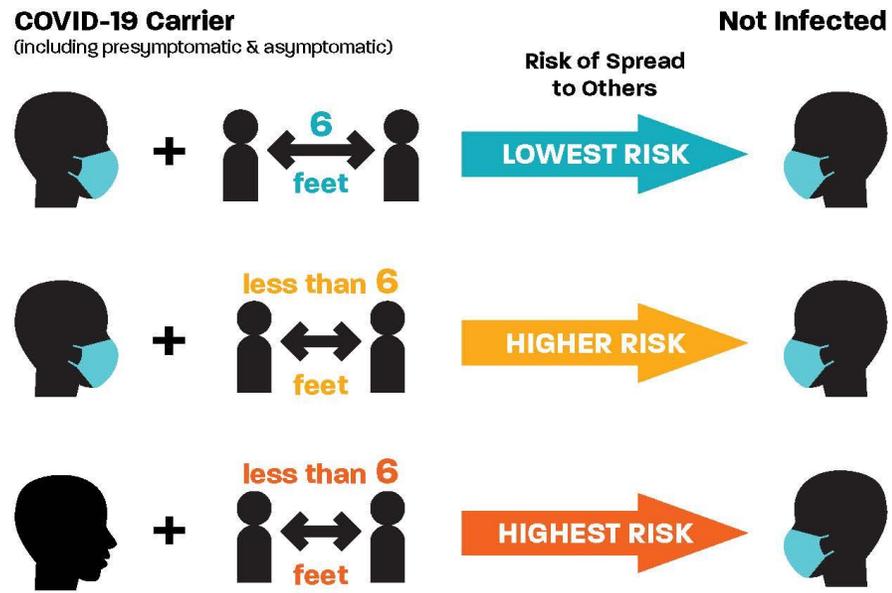




# Reducing the risk



# Wear a Cloth Face Covering to Protect Others & Reduce the Spread of COVID-19



Cloth face coverings may PROTECT OTHERS, but DO NOT PROTECT the wearer.

## Best Practices

				
Wash Hands	Launder Daily	Cough/Sneeze into Elbow	Must Cover Nose AND Chin	Avoid Contact With Phone

Source: CDC   



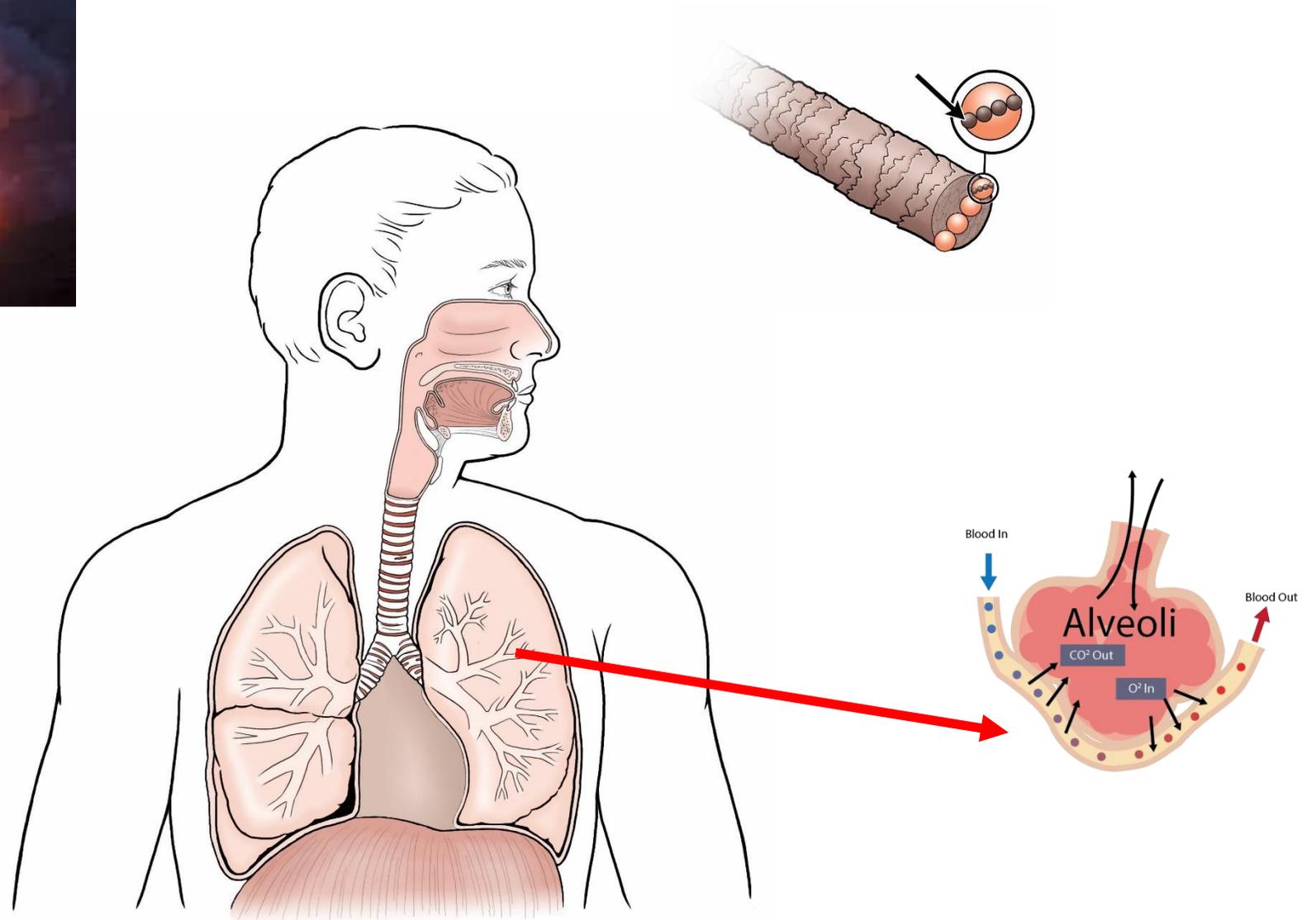


# N95

## Respirator

- Tight fitting, snug, sealed against skin to minimize leakage
- Filter particles 95%



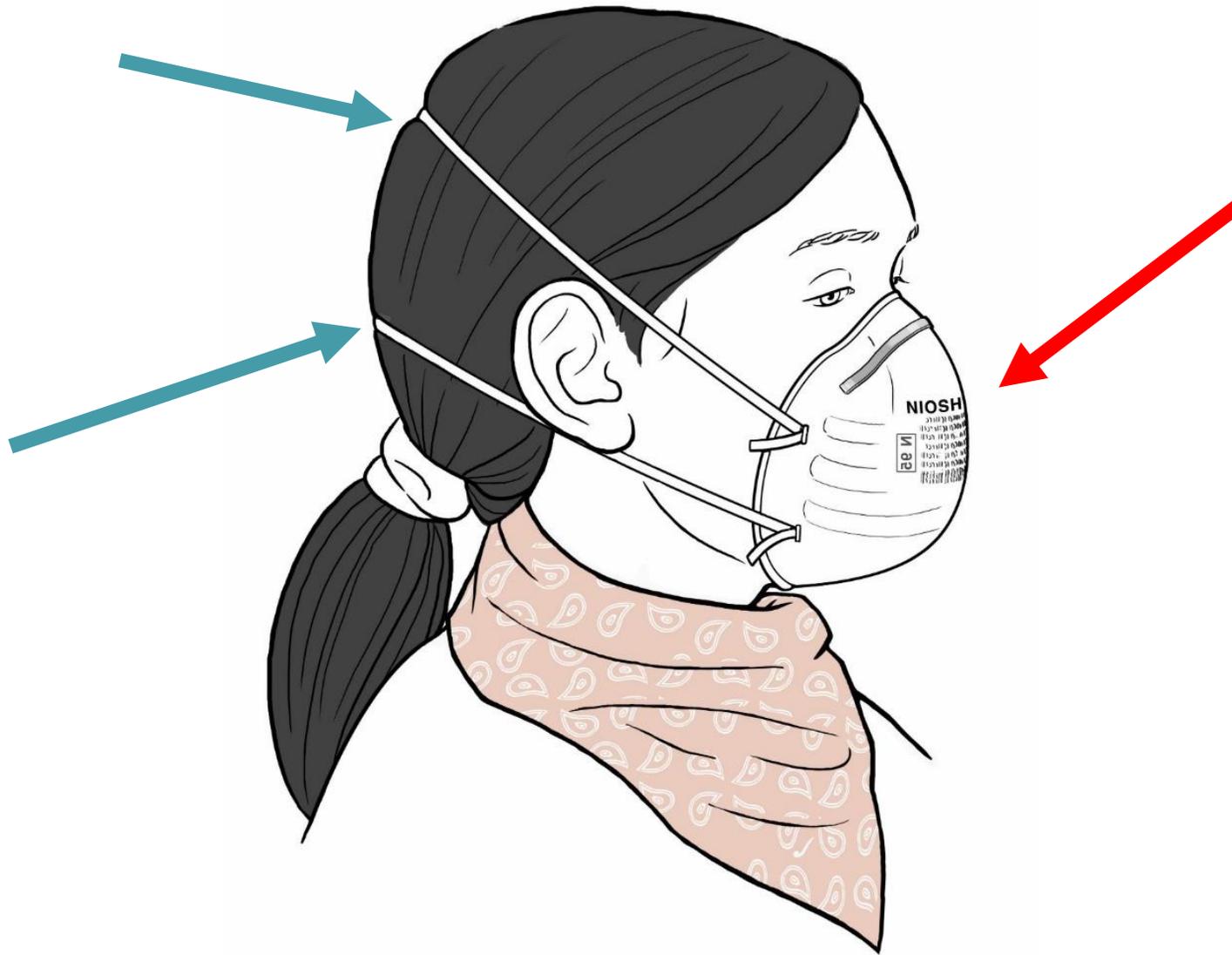


# Disposable Respirators

- N95
- N99
- N100
- P95
- P99
- P100
- R95
- R99
- R100

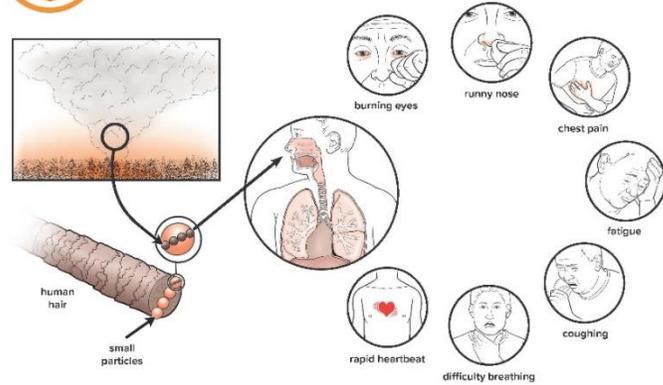


**KN95**



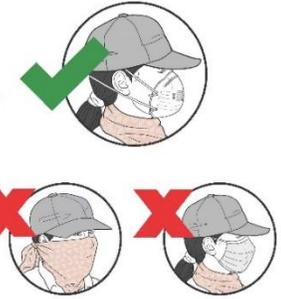


## Health Effects of Wildfires

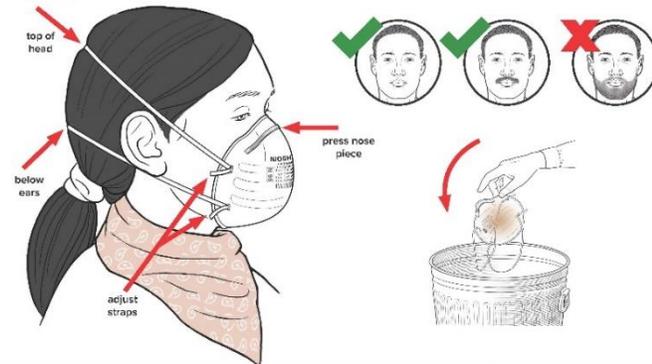


## Monitoring the AQI for PM2.5

Air Quality Index	
301-500	Hazardous
201-300	Very Unhealthy
151-200	Unhealthy
101-150	Unhealthy for Sensitive Groups
51-100	Moderate
0-50	Good



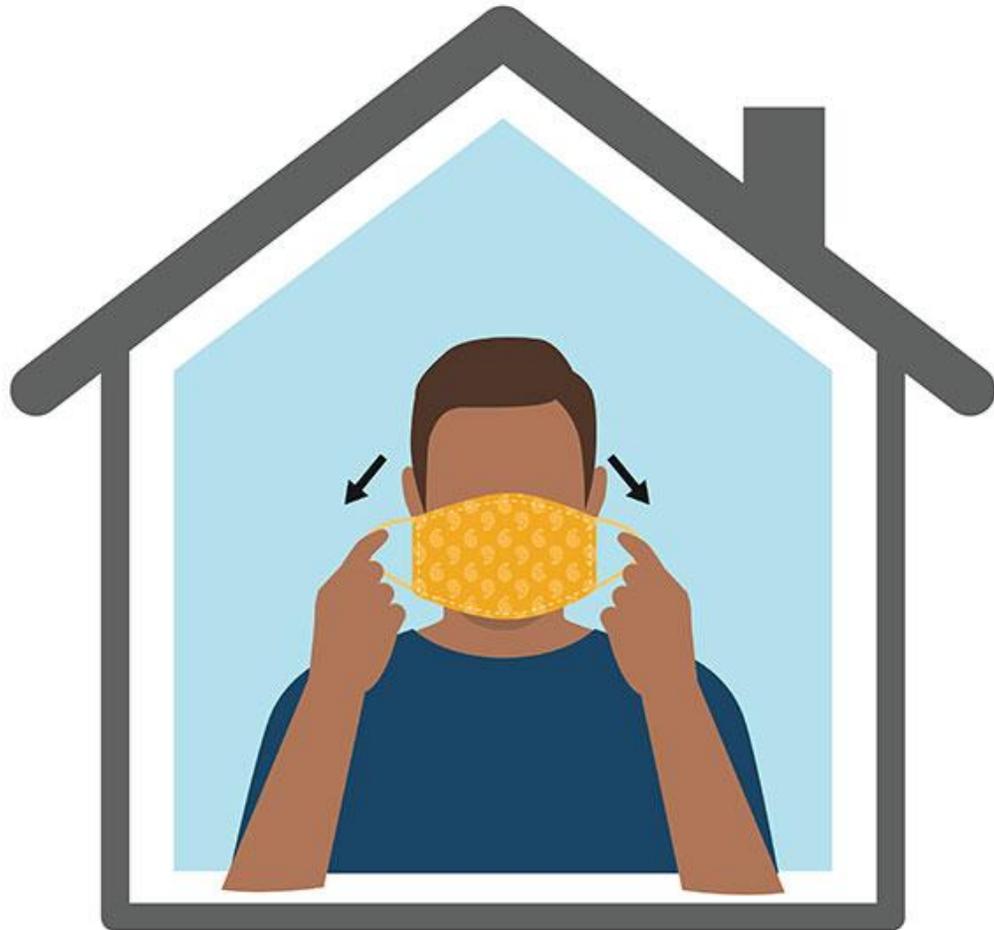
## Respirators



## The Worksite & Reminders



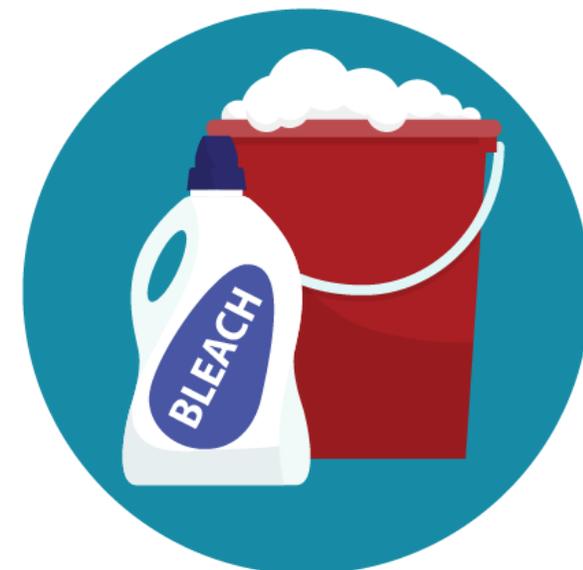
# Taking off the mask



- Untie the strings behind the head or stretch the ear loops.
- Fold outside corners together.
- Do not touch front of mask.

# Washing the mask

- With the regular laundry:
  - Use regular detergent
  - Hot water
- By hand:
  - 4 spoons of bleach/ 1 quart of water
  - Soak for 5 minutes
  - Rinse with cool water



# Preventive measurements

## COVID-19

Protect yourself and loved ones



Help prevent the spread of respiratory diseases like COVID-19

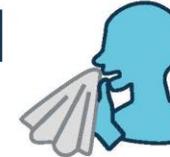
### + WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



### + COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



### + DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



### + KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



### + STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



### + GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

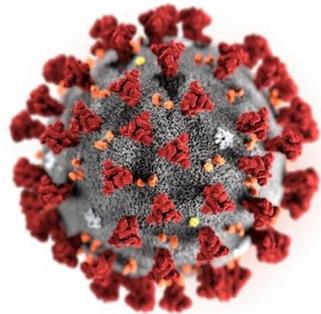


#### MORE INFORMATION

Follow the California Department of Public Health:  
@capublichealth and [www.cdph.ca.gov/covid19](http://www.cdph.ca.gov/covid19)

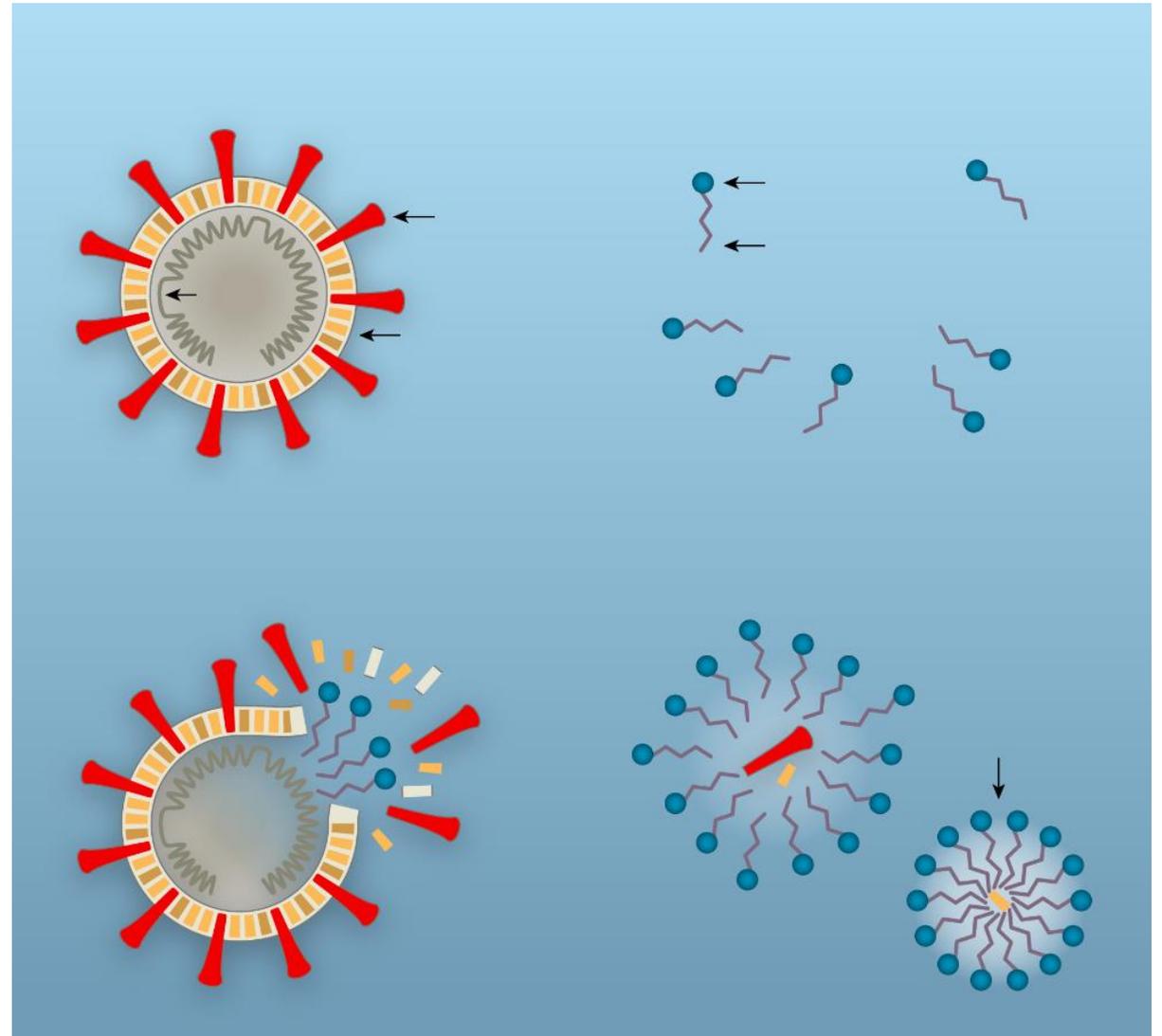


# Preventive measurements



<https://aghealth.ucdavis.edu/covid19>





<https://www.nytimes.com/es/2020/03/16/espanol/ciencia-y-tecnologia/jabon-mata-coronavirus-lavado-manos.html>

# PROTECTING AGRICULTURAL WORKERS FROM COVID-19



## What is COVID-19?

COVID-19 is a contagious respiratory illness caused by the new coronavirus.

## How does COVID-19 spread?

Close Personal Contact    Respiratory Droplets    Contaminated Surfaces

## Essential Work

Agricultural work is considered essential. Farmworkers help ensure an adequate food supply while many communities are under self-isolation and quarantine.



## Common Symptoms



**Fever**  
(above 100.4 °F/38°C)



**Dry Cough**



**Difficulty Breathing**

**Other symptoms include:** Fatigue and body aches.  
**Note:** Symptoms may vary from person to person.



## Who is most likely to become seriously ill from COVID-19?

- Older adults 65+
- People with medical conditions, such as:
  - Heart disease
  - Diabetes
  - Respiratory disease



## When do symptoms appear?

Symptoms may appear 2-14 days after being infected. However, you can infect others before you show any symptoms.



## Where to get medical care?

Until June 20, 2020 the Ventura County Health Care Agency will not charge clinic visits due to symptoms related to COVID-19.

For clinic locations, call the information center at: **(805) 677-5245** from 8:00am - 4:30pm.

You are eligible to get screened and tested regardless of immigration status. COVID-19 testing and treatment are not considered public charge.

<https://aghealth.ucdavis.edu/covid19>



# Worksite Checklist/Training Guide



## Coronavirus/COVID-19 Agricultural Worksite Checklist\*

### Maintain a Healthy Workforce

Symptoms often include a **fever, cough, shortness of breath** or **difficulty breathing, chills, muscle pain, sore throat, or new loss of taste and smell**. Individuals infected with COVID-19 and those exhibiting symptoms **should not work**. COVID-19 is primarily spread from person-to-person contact and is highly contagious.

- Create a plan for screening workers for COVID-19 symptoms when they arrive at work:
  - Establish consistent policies and procedures for screening workers, which may include checking temperatures of workers at the start of each shift to identify anyone with a fever of 100.4°F or greater, verbal screening in appropriate languages to determine whether workers have symptoms, and reasons for sending someone home.
  - Designate and train personnel to perform screening activities and provide PPE, such as gloves, a gown, a face shield, and, at a minimum, a face mask (such as N95 or more protective filtering facepiece respirator).
  - Implement physical barriers, dividers, or rope to maintain at least 6 feet of distance between screeners and workers being screened.
- Clearly communicate your plan and the symptoms you will be screening for to workers.
  - Inform workers that they must stay home if they have symptoms.
  - Encourage workers to tell their supervisor if they start to feel sick and let workers know they won't get into trouble for doing so.
- Observe workers for symptoms as they arrive to work and throughout the day in the event symptoms emerge.
- Send workers who have symptoms home and advise them to call their health care provider.

### Sanitation & Hygiene

Good sanitation and personal hygiene can help minimize exposure to COVID-19.

- Increase cleaning and sanitizing of shared spaces and frequently touched areas, such as restrooms, tools, equipment, doorknobs/handles, water jug spigots, chairs, benches, tables, working surfaces, and trash cans.
- Ensure adequate supplies of soap, water, and disposable towels for more frequent handwashing.
- Make hand sanitizer stations available where needed.
- Instruct workers on handwashing (20 seconds with soap and water, front and back of hands, in between fingers, and under fingernails).
- Allow time for handwashing throughout the day, including at the beginning, during, and the end of their shift, and before and after meal breaks.
- Remind workers to cough and sneeze into their elbows and avoid touching their faces and eyes.
- Instruct workers not to share tools and equipment and/or to sanitize them between uses.
- Instruct workers on how to assess workplace hazards, how to put on and remove PPE, and how to use cleaners and disinfectants safely by following label directions.

*continued on page 2*



For more information: [aghealth.ucdavis.edu/covid19](https://aghealth.ucdavis.edu/covid19)  
Photo credit: CDC. Created on 6/2/2020. The coronavirus crisis is evolving quickly. Visit [cdc.gov](https://cdc.gov) and [ehsa.gov](https://ehsa.gov) for updates and current recommendations.



## Coronavirus/COVID-19 Agricultural Employer Training Guide\*

### Definition of COVID-19; How it Spreads; Symptoms

#### 1. Introduce the topic

**Say:** Today we are going to talk about the new coronavirus, also called COVID-19, how it spreads, symptoms, how you can stay safe, and how we will keep you safe at work.

#### 2. Discuss how the virus spreads

**Say:** COVID-19 is a virus that mainly affects the lungs and spreads from person to person. When someone with the virus breathes, talks, coughs, or sneezes, droplets with the virus can be breathed in by people nearby (within 6 feet).

Droplets can also land on surfaces like tables, handles, or tools. If you touch a surface and then touch your mouth, nose, or eyes before washing your hands, the virus can enter your body.

#### 3. Discuss the symptoms of the virus

**Say:** Symptoms of the virus often include fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, or new loss of taste and smell.

**Say:** Symptoms may occur 2–14 days after you've been close to someone who has the virus or touched a surface that had the virus on it and touched your face with unwashed hands. Some people may never show symptoms.

**Say:** If you have any of these symptoms or have been around someone who is sick:

- Call your healthcare provider first for instructions before you go to the clinic, doctor's office, or hospital. Call emergency services (9-1-1) if you have difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, and/or bluish lips or face. Consider providing numbers for local health centers.
- Do not come into work. If you start to feel symptoms while working, tell your supervisor immediately.
- Isolate yourself from other people as much as possible.
- Thoroughly clean and sanitize all surfaces in your home.

#### 4. Review

**Ask:** Now to review, can you name some ways that the virus spreads? *Wait for responses.*

*Possible responses:*

- When someone with the virus: breathes, talks, coughs, sneezes
- When droplets land on a surface and I touch the surface and then my face without washing my hands.

**Ask:** What should you do if you have symptoms? *Wait for responses.*

*Possible responses:*

- Call your healthcare provider, do not come to work, isolate yourself, clean and sanitize



For more information: [aghealth.ucdavis.edu/covid19](https://aghealth.ucdavis.edu/covid19)  
Photo credit: CDC. Created on 6/2/2020. The coronavirus crisis is evolving quickly. Visit [cdc.gov](https://cdc.gov) and [ehsa.gov](https://ehsa.gov) for updates and current recommendations.

1 of 3

<https://aghealth.ucdavis.edu/covid19>

# Worker's Rights

- To a safe and healthful workplace.
- To receive a free face covering.

**FACE COVERINGS,  
MASKS & RESPIRATORS**

STATE OF CALIFORNIA  
**CAL OSHA**  
DEPARTMENT OF INDUSTRIAL RELATIONS

**When to Use Them to Prevent the Spread of COVID-19**

California and the Centers for Disease Control and Prevention (CDC) are encouraging everyone to use cloth face coverings when around coworkers or in public to prevent the spread of COVID-19. Employers must provide face coverings for workers or reimburse them for the reasonable costs of obtaining them.

Graphic: CDC

Graphic: CDC

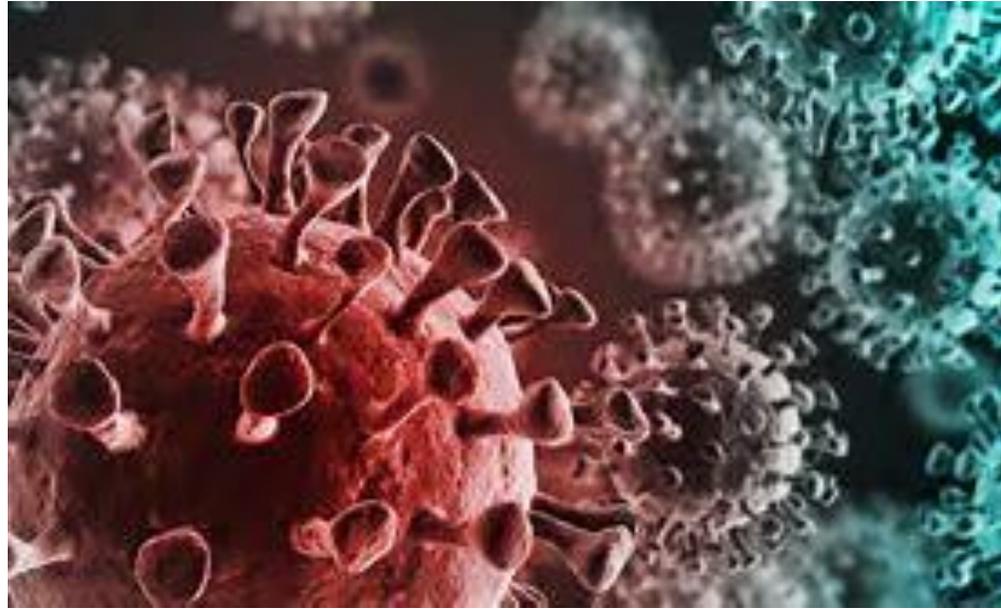
NIOSH  
N95

<https://www.dir.ca.gov/dosh/coronavirus/Face-coverings-poster.pdf>

# Some myths

- *COVID-19 was created in a lab*
- *If the virus is that bad, how we kill it by washing our hands*
- *Antibiotics kill the virus*
- *Gargling with mouthwash, lemon juice or vinegar kill the virus*
- *Using a face covering lowers oxygen levels*
- *Some thermometers cause cancer*





<https://testing.covid19.ca.gov/>

# Tool kit

- Mask
- Face shield
- Hand sanitizer
- Trash bag
- Rubber mats
- Gloves

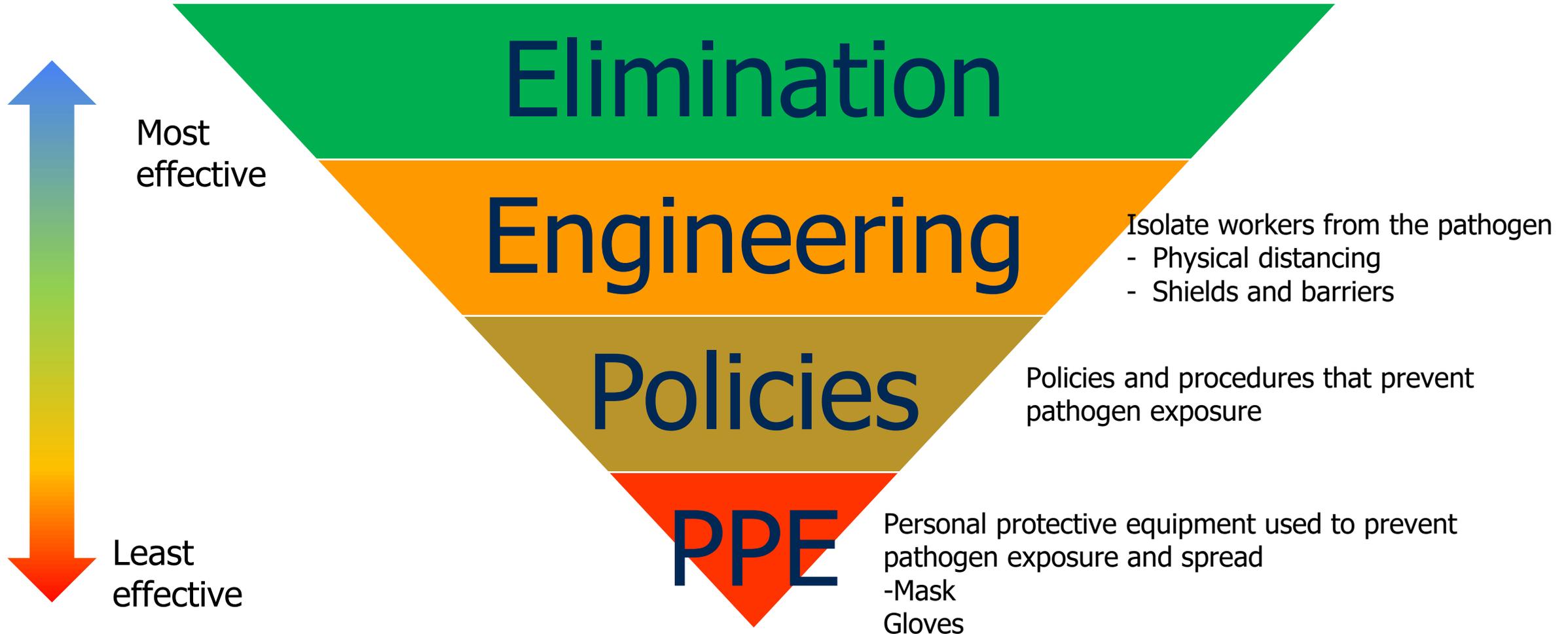


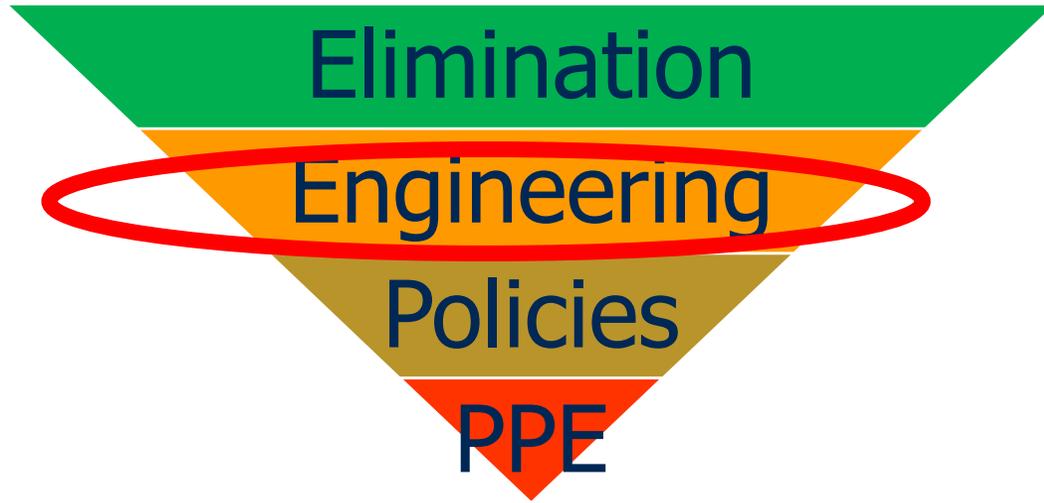


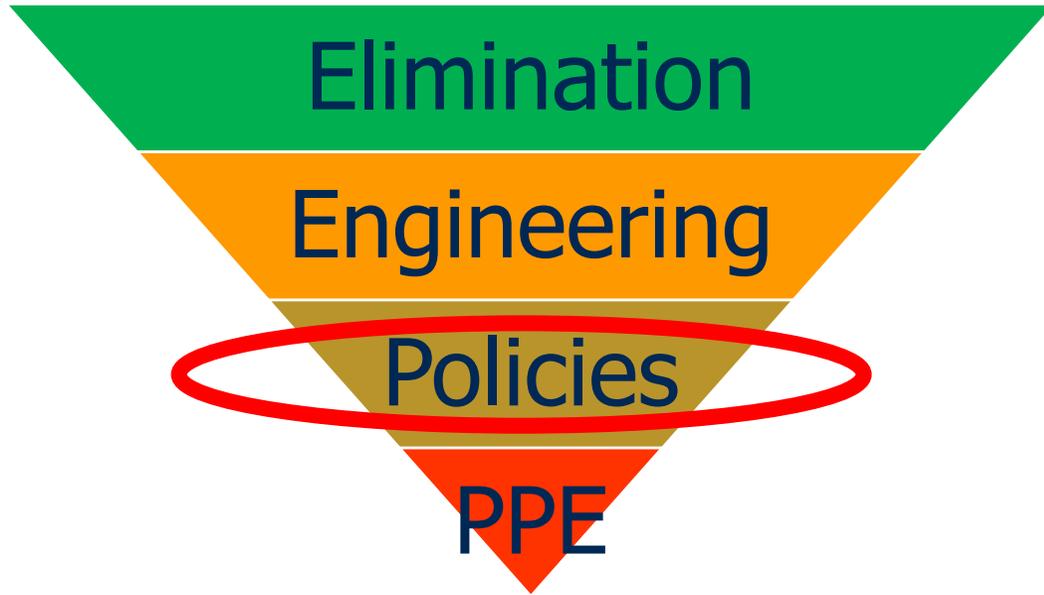
# Brainstorming

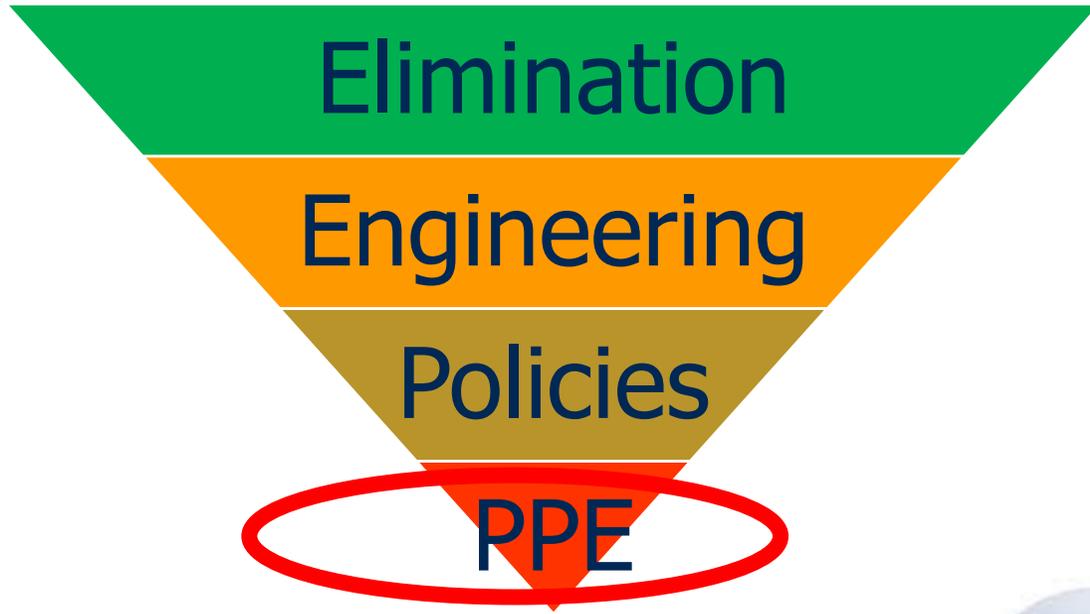


# Hierarchy of Controls









# After work

- Remove your shoes outside the home
- Avoid hugging your family and touching furniture
- Take a shower and wear clean clothes
- If possible, wash work clothes immediately





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[aghealth.ucdavis.edu/training](http://aghealth.ucdavis.edu/training)

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*WCAHS promotes workplace health and safety with funding and support from the National Institute for Occupational Safety and Health (NIOSH) Cooperative Agreement U54 OH007550 and the California Worker Occupational Safety and Health Training and Education Program (WOSTHEP), administered by the Commission on Health and Safety and Workers' Compensation.*

