## Face Coverings for Agricultural Workers

People with COVID-19 can spread the virus before symptoms start. Wear a face covering to protect others around you and slow the spread of coronavirus COVID-19.

### How to Wear

- Wash hands with soap & water for 20 seconds before you put on the face covering, or use hand sanitizer.
- Fully cover your mouth and nose with the disposable mask or cloth face covering (scarf, bandana, homemade mask).
  - Make sure it fits snug to the face and below the chin.
  - Put ear loops around ears. Ties or elastic bands go behind the head and neck.
  - Make sure you can breathe easily.

  While wearing a face covering, cover coughs and sneezes with the inside of your elbow.

### How to Change your Face Covering

1. Change your face covering if it is very damp or dirty.
2. Remove it by touching only the ties or bands.
3. Put a used cloth covering in a bag marked "Dirty". For a disposable mask, untie the bottom ties first, then the top ties. Throw it away.
4. Wash your hands.
5. Put on a clean face covering.

- Do not touch the face covering while using it.
  - If you touch it, wash your hands or use hand sanitizer.

### Keep Distance

- When possible, keep 6 feet of distance from co-workers during work and breaks.
  - Use a face covering if closer than 6 feet.

- Wear a face covering in the car or bus with people not from your home.
  - Sit far from people not from your home.
  - Ride with fewer people, if possible.

### Keep It Clean

- Keep extra face coverings in a bag in your backpack or car.
  - Put used or dirty cloth face coverings in a separate bag.
  - Wear a fresh face covering each day.
  - Wear disposable masks 1 time only.

- Wash used cloth face coverings
  - Use a washing machine or by hand with soap and water.
  - Dry completely in a hot dryer before re-using.
  - Wash hands after touching the used or dirty face coverings.

For more information call 831-454-4242 or visit santacruzhealth.org/coronavirus

May 15, 2020