PROTECT YOURSELF & YOUR LOVED ONES

Latin/a/o/x in San Mateo County (SMC) are testing positive for COVID-19 at higher rates than others. Many are essential workers & live in multi-generational homes.

WHAT YOU CAN DO

• Wash hands frequently with soap & water, for at least 20 seconds: Sing Happy Birthday twice while washing your hands.
• Wear a face covering & cover your nose & mouth: Face coverings are proven to reduce your chance of exposing others to COVID-19; they also demonstrate you care about your health and the health of those around you.
• Keep at least 6 feet away from others: Think of the length of a door.
• Carry alcohol-based hand sanitizer: For when you can’t wash your hands.
• Don’t touch your face: The virus is transmitted through mucous membranes in the mouth, nose & eyes.
• Don’t go to work or see others if you feel sick: Call or see your doctor. Get tested, there is free testing throughout SMC. www.projectbaseline.com/study/covid-19
• Don’t hug, kiss or shake hands, as a greeting, with individuals that you do not live with: Give wave or thumbs up.
• Do not share food with individuals outside of your home.
• Avoid crowds: Walk or ride a bike instead of taking a bus, avoid areas where people get together at work, use a path that has less people.

WHAT YOUR FAMILY CAN DO

• Do not have family parties or public gatherings inside homes or buildings.
• Keep your space clean & clean it frequently: Use diluted household bleach solutions, alcohol solutions with at least 70% alcohol, & most common EPAregistered household disinfectants.
• Talk about the risks: Hear your families concerns & make a commitment to no put others at risk.
• If someone gets sick contact the doctor and isolate the individual: Clean their things & area cautiously & with protection (mask, gloves, effective disinfectant).
• Know your rights: Seeking testing, prevention, or treatment of COVID-19 will not factor into a public charge determination.
• Don’t sing with individuals you do not live with: The droplets that carry the virus can be propelled when singing & when we sing we take deep breaths putting us at higher risk.

WHAT YOUR EMPLOYER CAN DO

• Learn about paid sick leave: The CDC recommends that all workplaces “implement flexible sick leave & supportive policies & practices.” Farms are no exception.
• Learn about health care: San Mateo County Health provides medical care to uninsured & undocumented individuals.
• Learn about California Paid Family Leave: www.edd.ca.gov/Disability/Am_I_Eligible_for_PFL_Benefits.htm
• Learn about policies & wellness protocols: It is not enough to have policies in place if the workers do know about them or do not understand them. Make sure materials are translated.

OUR COMMUNITY HEALTH LEADERS

• Stay Informed about COVID-19: Call 211 or San Mateo County Managers Office: www.smcgov.org
• Office of Diversity and Equity: www.smchealth.org/bhrs/ode
• Latino Collaborative: www.smchealth.org/latino-collaborative

COVID-19 POSITIVE CASES AS OF 7/9/2020:

<table>
<thead>
<tr>
<th>San Mateo County</th>
<th>California</th>
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</thead>
<tbody>
<tr>
<td>Latin/a/o/x testing positive:</td>
<td>49%</td>
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<tr>
<td>population:</td>
<td>24%</td>
</tr>
<tr>
<td>SMC disparity:</td>
<td>25%</td>
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</tbody>
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Dial 2-1-1 for non-emergency, non-medical calls
smchealth.org/coronavirus