

30 March 2021

# Recommendations for people working in the fruit harvest



## Personal hygiene habits



Keep your **hands clean** and your fingernails short



**Do not touch your face** (eyes, nose, mouth)



**Cover your mouth** when coughing or sneezing



**Take a shower** every day

## Workplace hygiene habits



Wear a **facemask**



**Wash your hands** with soap and use hand sanitizer often



Keep a **safety distance of 1.5 m**



**Ventilate** for as many hours as possible before, during and after shifts



**Do not share** utensils

## Hygiene habits in communal areas and lodgings



Avoid crowds, **delimit capacities** and take turns



**Keep a 1.5 m** distance in locker rooms, dining and rest areas



**Wash your hands** with soap and use hand sanitizer often



**Do not share** utensils



**Disinfect** common spaces and **air them often**

## Commuting hygiene habits



Promote the use of **individual vehicles** (bicycles)



Strive to maintain a safe **distance**, wear a **facemask** and **open windows**

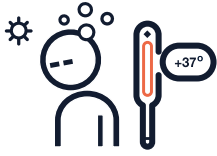


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## What are the symptoms of SARS-CoV-2?



**Fever**  
(+37°)



**Cough**



**Headache**



**Loss of the sense of taste and/or smell**



**Fatigue**

**Shortness of breath**

**Neck pain**

**Muscle pain**

**Vomiting** or diarrhoea

General **discomfort**

## What should I do if I have COVID-19 symptoms?



**Get in touch**  
with your primary  
care centre

**061**/Salut  
Respon

**Call**  
061

La meva  
**/Salut**

Open an  
**eConsultation**  
through La Meva Salut

## What should I do if I test positive for COVID-19?



You will be  
notified through  
your **health**  
**centre**



The **Primary Care COVID managers**  
will inform you of all  
steps to follow



You will have to **isolate at home** for as long as health professionals require you to



La meva  
**/Salut**

If you still do not have access,  
you can register through:  
**lamevasalut.gencat.cat/alta**

For more information, visit [canalsalut.gencat.cat/coronavirus](https://canalsalut.gencat.cat/coronavirus)



**Generalitat  
de Catalunya**

**/Salut**