

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

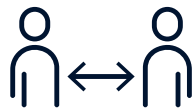


Do not share utensils

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)



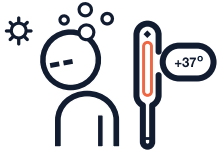
Strive to maintain a **safe distance**, wear a **facemask** and **open windows**

30 March 2021

Recommendations for people working in the fruit harvest



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



Diputació de Lleida

La força dels municipis



**Generalitat
de Catalunya**

/Salut