# Protect Yourself and Others from COVID-19

**Are you traveling to the United States on a temporary agricultural work visa (H-2A visa)? Protect yourself and others from COVID-19 while traveling and working in the U.S.**

## Before Traveling

Visit your doctor and get **a 12-week supply** of any medications you take.

**Prepare and bring copies of important documents**, such as medical records, visas, and passport.

Avoid gatherings with people you don't live with for **at least 10 days** before your trip.

**Consider getting tested** for COVID-19 within 3 days before your trip.

## During Travel

Wear a **mask**.

Stay at least **2 meters/ 6 feet** from others as often as possible.

If sharing transportation, wear a mask and **open windows** for ventilation.

**Wash your hands** often or use an alcohol-based **hand sanitizer** with at least 60% alcohol.

**Avoid touching surfaces** and your eyes, nose, mouth, and mask.

## After Arrival

Follow your employer's guidance on when you can begin work.

**Consider getting tested** for COVID-19.

Protect yourself and others in shared housing: **wear a mask around others & wash your hands** often.

**Watch for symptoms** of COVID-19. Report any symptoms to your employer and nearest community health center.

## If you get sick and think you might have COVID-19

**Ask to be tested** for COVID-19 at your nearest community health center or hospital.

Ask your employer if there is **temporary housing** available if you are sick with COVID-19.

If you must stay in shared housing, wear a mask around others and separate yourself from others if possible.

Call 911 and **seek medical care immediately** if you have **emergency warning signs** (including trouble breathing).

Call a doctor, onsite clinic, or health center near you if you are sick.