

Citizen Advice Offices

ALFARO:

PASAJE SAN FRANCISCO, 7

ARNEDO:

AVDA. ELISEO LERENA 24-26

CALAHORRA:

PLAZA DE EUROPA 7-8-9

CERVERA DEL RÍO ALHAMA:

AVDA. DE LA RIOJA, 6

HARO:

JUAN RAMÓN JIMÉNEZ, 2

LOGROÑO:

BETI JAI, 1

NÁJERA:

MAYOR, 45

SANTO DOMINGO DE LA CALZADA:

SOR MARÍA DE LEIVA 14-16

TORRECILLA EN CAMEROS:

SAGASTA, 16A



Gobierno de La Rioja

www.larioja.org

PREVENTING IS CARING

HELPLINE FOR AGRICULTURAL WORKERS AND FARMERS:

941 29 10 10

agricultura.riojasalud.es

The Regional Government of La Rioja performs PCR diagnostic tests for all agricultural workers in the region, at no cost to them or the employer. Contact us for more information.

A SAFE FARMING SEASON



COVID-9 RECOMMENDATIONS FOR AGRICULTURAL WORKERS

During the working day, the employer will

1. Take your **temperature** before the start of the working day. Your body temperature must be below 37°C.
2. Check that you do not have a **cough, breathing problems or a headache**.
3. If you have **symptoms**, call the health centre or, if they are severe, 112.
4. Provide you with a **mask and gloves**.
5. Instruct you to **wear a mask** and ensure that the **safety distance of 1.5 meters is respected**, both during work and in changing rooms, rest areas or toilets.
6. Provide you with the necessary elements for **hand washing** (water and soap or hydrogel) and for cleaning and disinfecting machines, equipment and utensils.
7. Provide bins or containers with lids in common areas, for **depositing tissues** or other waste.

In the accommodation

1. **Ventilation** must be constant.
2. All persons using the installation must be **identified and registered**, and must always be adults.
3. Users must **wash their hands** with water and soap or hydroalcoholic gel when entering and leaving the premises.
4. **Masks** must be worn **at all times** inside the accommodation, except in bed, in the shower or while consuming food and drink.
5. **Food and beverage containers, utensils and personal hygiene items must not be shared**.
6. Sufficient space must be provided for sleeping relative to capacity, allowing a **minimum interpersonal distance of 1.5 metres**.
7. Accommodation facilities must be **cleaned daily**.
8. **Waste bins or containers with foot pedals** will be provided for waste.

Remember

1. If you have a **cough, fever, breathing difficulties or a headache**, inform the person responsible and stay in the accommodation.
2. If you have been in **close contact** with someone who has COVID-19, you must take a PCR test.
3. **Always wear a mask** except for sleeping, showering, or eating and drinking.
4. When coughing or sneezing, **cover your mouth** and nose with your elbow or a disposable tissue.
5. After use, immediately deposit **tissues or disposable materials** in the container provided for this purpose.
6. Wash your hands frequently and **avoid touching your eyes, nose and mouth**.
7. Keep an **interpersonal distance of 1.5 metres** and avoid all physical contact.
8. Showers, toilets and sinks must be **used individually**.
9. Help maintain a **disinfected and hygienic** environment.