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.
### 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.