

Protect Yourself from Infectious Diseases

General Guidance for Farmworkers

Animals can spread diseases to humans. You can get sick from contact with animals, their bodily fluids, or contaminated surfaces. Some diseases can make humans sick without causing symptoms in animals. Follow these tips to protect yourself from illness.



Wash your hands with soap and water

throughout the day and before eating. Avoid touching your eyes, nose, and mouth.



Wear protective clothing when working directly with animals, their manure, or bodily fluids (e.g. nasal discharge, unpasteurized milk).

Wear Gloves

Wash your hands and change gloves between activities



Wear Overalls

Overalls/coveralls are easy to clean between activities

Have Clean Boots

Clean your boots or wear boot covers



Protect your eyes and mouth

Face protection can protect you from fluids. Use face shields or goggles

Get Vaccinated Vaccines are safe. Getting vaccinated protects you and others from getting sick. Important vaccines for farmworkers include Influenza, Tdap, COVID-19, and others. Talk to your health care provider to learn more about vaccines for farmworkers.



If you feel sick

Contact your health care provider, occupational health clinic, or local health department. In case of emergency, call 911.



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