



# Community Collaboration for Farmworker Health and Safety

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*Improving the health and quality of life of tobacco workers in Connecticut*

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Greetings!

Dear Tobacco Growers and Farmworkers,

We all are very concerned about the "FLU" epidemic that is happening in the US and other countries. Many of you may have travelled by plane or other community transportation options. This may have increased your risk for exposure to someone with flu symptoms. Symptoms of the flu may include two or more of the following:

- Fever
- Cough
- Sore throat and
- Runny nose and nasal congestion

If you have at least 2 of the above symptoms, please call Miguel or Eddie at ConnectiCOSH (860-953-2674) and someone will try to help you.

It is very important that you do frequent hand washing with soap and water to prevent the spread of the flu. Hand washing is the best way to prevent this illness.

Other ways to protect yourself:

- Use a paper tissue for blowing your nose
- Cover your mouth when coughing or sneezing with tissue
- Dispose the used paper tissue right away into a trash can
- If you do not have a paper tissue to cover your mouth, use the sleeve of your shirt when coughing or sneezing

If you need to talk to a doctor call Dr. Trapé at 860-679-4564.

Sincerely,

The Community Collaboration for Farmworker  
Health and Safety Project Team