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.
- Avoid gatherings with people you don’t live with for at least 10 days before your trip.
- Prepare and bring copies of important documents, such as medical records, visas, and passport.
- 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.
- 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.
- If sharing transportation, wear a mask and open windows for ventilation.

After Arrival

- Follow your employer’s guidance on when you can begin work.
- Protect yourself and others in shared housing: wear a mask around others & wash your hands often.

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.

If you have questions about your rights, contact your consulate or the Occupational Safety and Health Administration (OSHA).

For more information on steps you can take to protect yourself, visit CDC’s How to Protect Yourself.

cdc.gov/coronavirus