

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.



Prepare and bring copies of important documents, such as medical records, visas, and passport.



Avoid gatherings with people you don't live with for **at least 10 days** before your trip.



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.



If sharing transportation, wear a mask and **open windows** for ventilation.



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.

After Arrival



Follow your employer's guidance on when you can begin work.



Consider getting tested for COVID-19.



Protect yourself and others in shared housing: **wear a mask around others & wash your hands** often.



Watch for symptoms of COVID-19. Report any symptoms to your employer and nearest community health center.

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