

DRINKING

- Drink only from designated water containers or faucets.



- Never drink water from irrigation canals, pipes, or irrigation equipment. The water could have chemicals in it.



- Don't share drinking cups or glasses. This can cause the spread of tuberculosis, infectious hepatitis, flu, cough, colds, etc.

USING THE BATHROOM

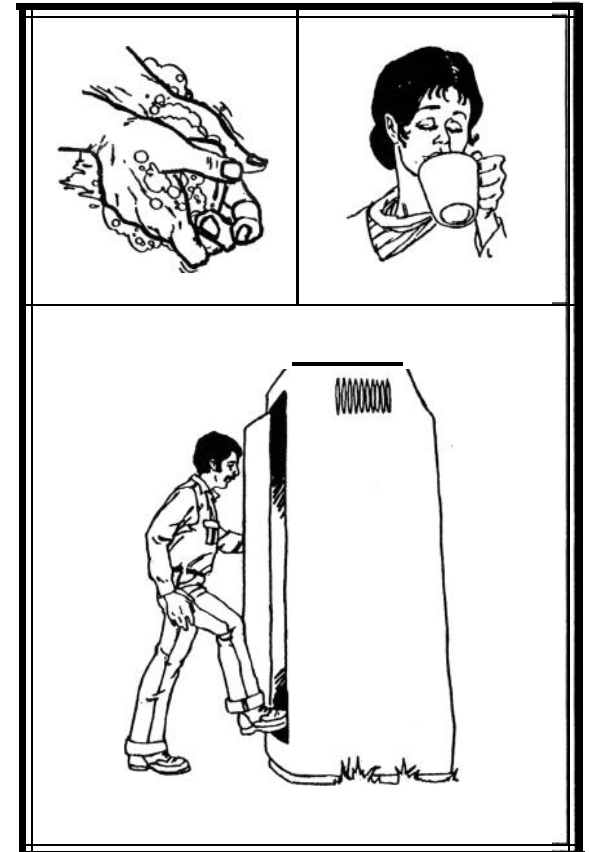
- Wash your hands thoroughly before and after using the bathroom to avoid serious irritations to sensitive personal/genital areas.



- Use the bathroom as often as necessary. Holding urine for long periods of time can lead to bladder or urinary tract infections.

You will reduce your risk of getting ill in the field by following all these practices.

PERSONAL CLEANLINESS AND BASIC SANITATION PRACTICES



To help keep yourself healthy when working in the fields, follow the following practices:

WORK CLOTHES

- Wear long sleeve shirts, pants, hat, socks and shoes or boots, and gloves if necessary.



- Wear clean clothes to work every day.
- Wash your work clothes with detergent and hot water before wearing them again.
- Wash work clothes separately from the family laundry.

WASHING YOURSELF

- Always wash your hands thoroughly before eating, drinking, smoking, or chewing tobacco.



- Always wash your hands before and after using the bathroom.
- Shower at the end of the day and put on clean clothes.

EATING

- Eat away from the field or chemical storage areas.



- Check with your supervisor to make sure it is safe before eating anything from the field.
- Always wash fruits and vegetables from the field with drinkable (potable) water thoroughly before eating them.

