



REDUCE THE RISK

REDUCE EL RIESGO



Reducir los riesgos en el trabajo
Por ti. Por mí. Por todos.

Reduce risks at work
For you. For me. For all.

Our jobs help support the community, while they also help support us and our families. To help our community and help our families, it is important to keep all workers safe and healthy during this pandemic.

If you feel sick, you may be afraid to tell your employer or you may be afraid of being tested for COVID-19. If you think you are infected but do not feel sick, you may be afraid to get tested and let others know. You may also be afraid of losing your job, being deported, being threatened by other workers, or losing income for your family while you quarantine. It is important to remember, by getting tested and isolated if infected, you are protecting your family, your coworkers, and your community.

Every worker can take steps to keep themselves and others safe. These steps include wearing a mask over your mouth and nose, maintaining a distance of 6 feet or 2 meters from others, keeping surfaces, tools, and items clean and disinfected, and washing your hands frequently – or use hand sanitizer in case water and soap are not available. Workers, supervisors, or employers may develop plans to keep everyone safe. If you have ideas on how to keep workers safe, talk to your supervisor or employer.

Remember, if you or someone you know is infected, contact local agencies and organizations for additional support.

Nuestros trabajos ayudan a la comunidad, al mismo tiempo que nos ayudan a nosotros y a nuestras familias. Para ayudar a nuestra comunidad y ayudar a nuestras familias, es importante que los trabajadores estén a salvo y sanos durante esta pandemia.

En caso de que se sienta enfermo(a), tal vez tenga miedo de avisarle a su jefe, o tal vez tenga miedo de hacerse la prueba del COVID-19. Si usted no tiene síntomas pero cree que está contagiado, tal vez tenga miedo de hacerse la prueba y de que otros se enteren de su infección. Usted también podría tener miedo de perder su trabajo, ser deportado, ser amenazado por los otros trabajadores, o de perder su ingreso durante la cuarentena. Es importante recordar que al hacerse la prueba y mantenerse aislado durante la infección, usted está protegiendo a su familia, a sus compañeros de trabajo, y a su comunidad.

Cada uno de los trabajadores puede hacer algo para mantenerse a salvo y a los demás. Esto incluye usar un cubrebocas sobre su boca y nariz, mantener la distancia de 6 pies o 2 metros al hablar con alguien, mantener las superficies, herramientas, y todas las cosas limpias y desinfectadas, y lavarse las manos frecuentemente – o usar desinfectante de manos en caso de no haber agua y jabón disponibles. Juntos, los trabajadores y los dueños pueden desarrollar planes para mantenerse todos a salvo. Hable con su supervisor o con el dueño si usted tiene ideas de cómo mantener a salvo a los trabajadores.

Recuerde, contacte a las agencias y organizaciones locales para apoyo adicional si usted o alguien tiene la infección.

RESOURCES - DOÑA ANA COUNTY

COVID-19 AND FLU TESTING AND VACCINES

COVID-19 Testing

cvprovider.nmhealth.org/directory.html

COVID-19 Vaccine

cvvaccine.nmhealth.org/

Las Cruces VA Clinic

accessstocare.va.gov

3401 Del Rey Blvd, Las Cruces, NM 88012

(575) 522-1241.

Flu Vaccine

togethernm.org/flu/

CVS

cvs.com/store-locator/las-cruces-nm-pharmacies/3011-north-main-street-las-cruces-nm-88001/storeid=7373?WT.mc_id=LS_GOOGLE_FS_7373

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FOOD PANTRY & MEALS SERVICES

Adelante Senior Meals

2251 Calle De Santiago

Mesilla, NM 88046.; (575) 527-9845

Aggie Cupboard

For New Mexico State University students

(575) 646-7636.

906 Gregg St. Las Cruces, NM 88001

aggiecupboard.nmsu.edu/

Casa De Peregrinos

(575) 523-5542

999 W. Amador Ave. 88005

Families & Youth, Inc.

1320 S Solano Dr, 88001.; (575) 522-4004

fynm.org/

Gadsden Independent School District (GISD)

(575) 882-6200

gisd.k12.nm.us/groups/14913/student_nutrition/menus

Hatch Valley Public Schools

575-267-8200 Ext. 6211

hatchschools.net/studentnutrition

Las Cruces Public Schools

505 S. Main Street, Suite 249

Las Cruces, NM 88001

(575) 527-5800

lcps.net

Roadrunner Food Bank

(575) 523-4390

505 S Main St. #149a

rffb.org/find-help/find-food/

Salvation Army

(575) 524-4713

RECURSOS – CONDADO DE DOÑA ANA

COVID-19 Y FLU - PRUEBAS Y VACUNAS

COVID-19 Testing cvprovider.nmhealth.org/directory.html

COVID-19 Vaccine cvvaccine.nmhealth.org/

Las Cruces VA Clinic accessstocare.va.gov

3401 Del Rey Blvd, Las Cruces, NM 88012

(575) 522-1241.

Flu Vaccine togethernm.org/flu/

CVS cvs.com/store-locator/las-cruces-nm-pharmacies/3011-north-main-street-las-cruces-nm-88001/storeid=7373?WT.mc_id=LS_GOOGLE_FS_7373

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OFICINAS DE SALUD PÚBLICA

Anthony (575) 882-3121

Chaparral (575) 824-3454

Hatch (575) 267-5213

Las Cruces (575) 528-5001, (575) 382-0540

Sunland Park (575) 589-2543

PARA INFORMACIÓN ACTUALIZADA Y DE OTROS SERVICIOS

Doña Ana County Health and Human Services

845 N. Motel Blvd, Las Cruces, NM 88007

(575) 525-5870

donaanacounty.org

ROPA DE INVIERNO

Gospel Rescue Mission

1050 W Amador Ave,