



Ending hunger, empowering individuals, and building community.

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Community Gardening Guidelines in the COVID-19 Pandemic rev04182020

DCCG believes gardening provides many health benefits from physical activity to the mental health. Community gardening offers:

- Support and camaraderie.
- An opportunity to work off tension and stress.
- A sense of accomplishment of growing your own food.
- Access to nutrient dense produce that cannot be found in grocery stores.
- A great community service un a time if crisis and uncertainty.
- Contact with nature and all the human benefits such contact brings.
- Ongoing educational opportunities for life-long learning.

In the midst of this public health crisis, DCCG needs to limit the potential for passing COVID-19 from person to person. Carefully following a few best practices will help stop the spread and ensure safety while enjoying our community gardens.

Gardening Guidelines

- Do not come to the garden if you are sick.
- Maintain social distancing in the garden; keep 6 feet away from other gardeners.
- Wear a face mask or similar covering when in conversation or in close proximity with other gardeners at all times.
- Wear gloves at all times and wash your hands often using soap and for at least 20 seconds. (Consider carrying a portable hand washing station with you that includes for soap, water, and towel.)
- Avoid touching your face *before* washing your hands.
- For essential shared tools such as the garden cart, thoroughly wipe down handles **before and after use** with sanitizing wipes or spray bottle with sanitizing mixture.
- Sanitize handles of shared garden tools daily.
- Thoroughly wipe down hoses, nozzles and spigots **before and after use** with sanitizing wipes or spray bottle with sanitizing mixture.
- Identify and protect gardeners at high risk: those 60 years or older, with compromised immune systems or with underlying/ongoing health conditions.
- If you are high risk, please contact DCCG to arrange assistance with planting and cultivating your plot.

General Notes on COVID-19

- A novel coronavirus, SARS-CoV-2, causes COVID-19.
- The main mode of disease transmission is people coming into close contact (less than 6 feet) with an infected person.
- Another mode of transmission is through vapor droplets that an infected person exhales, coughs, or sneezes.
- The virus can survive up to 72 hours, possibly longer, on various surfaces, according to an article published in the New England Journal of Medicine (March 17, 2020). If people touch a surface on which a live virus is located and then touch their mouth, nose or eyes, there is a chance they can become infected.
- People can be infectious for several days before they show symptoms.