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 in a time of 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**

- 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.