

# COVID-19 Community Garden Guidelines



## Tips for Gardeners

Community and school gardens have an important role in providing access to fresh food, teaching children and youth, and contributing to community food security. To support you to garden safely, below are some guidelines for gardeners to help prevent the spread of COVID-19.

- **Stay home if you are feeling sick** and call 811 if you have any [symptoms of COVID-19](#).
- **Wash your hands frequently** and as soon as possible before and after visiting the garden.
  - If hands are visibly dirty, washing with soap and water is best, but hand sanitizer can be effective if dirt is removed first.
- **Practice physical distancing of 2 metres (6 feet) from other gardeners.**
  - Consider gardening during less busy times.
  - If it is difficult to physically distance, consider wearing a non-medical mask.
- **Bring your own tools** when possible. If common tools are used, they should be cleaned and disinfected before and after each use.
- **Do not share gardening gloves** and wash your gloves after each use. Wash your hands after taking off your gloves.
- **Clean and disinfect frequently touched surfaces** before and after use (e.g. watering system, shed/cabinet or gate handles, locks, etc.). If supplies are not available at your garden, consider bringing some from home.
- At home, **wash your fruits and vegetables** thoroughly under **drinkable running water** as part of your regular [food safety practices](#).

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