

Memo: Participating in a Community Garden during COVID-19

People working in community gardens can help limit the spread of COVID-19 (coronavirus). Community gardens are allowed to be open for growing food, but not as recreational spaces for social gatherings.

The Health Unit is supportive of community gardens because they allow people to grow food, be active and can promote mental well-being. If you will be working in a community garden, please follow these instructions to keep yourself and others safe while in the garden.

Visit the Health Unit website at www.myhealthunit.ca for more information about COVID-19.

Instructions for People Working in Community Gardens during the COVID-19 Pandemic:

- **Do not go to the garden if:**
 - **You have symptoms of COVID-19.** Symptoms vary, but may include fever, new cough, difficulty breathing, chills, fatigue, headache, sore throat, runny nose, digestive issues, difficulty swallowing, hoarse voice, or loss of sense of taste or smell. Anyone who is feeling unwell with these symptoms should stay home, and call the Health Unit to be assessed. You can also do the Ontario online self-assessment at <https://covid-19.ontario.ca/self-assessment/>.
 - **You are a close contact** (for example, someone in your household or workplace) **of someone who has or may have COVID-19, someone who is sick, and/or someone who recently travelled outside of Canada** (including any contact you had with the person up to 48 hours before the person became sick).
- Only garden members/clients, staff, and volunteers are allowed in the garden. Other visitors are not allowed in the garden.
- Visiting the garden to plant, maintain and harvest food is allowed. Other events, workshops, group projects, etc., are not allowed right now.
- Practice physical distancing. Stay 2 metres (6 feet) away from others, except for people from your household.
- Wash your hands well with soap and water for at least 20 seconds, or use 70% alcohol-based hand sanitizer, when entering and leaving the garden. Do so again before and after before handling shared garden tools or equipment. If hands are visibly dirty, but soap and water is not available, wipe them clean and then apply hand sanitizer.

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- Do not bring children to the garden unless you must. If you have to bring them, make sure they are able to practice physical distancing and handwashing/sanitizing.
- Pets are not allowed in the garden, unless they are service animals.
- If you have garden tools, bring your own to avoid using shared items.
- If you wear gardening gloves, do not share them with others. Wash them after each use. Remember, gloves do not replace handwashing. Avoid touching your face when wearing gloves.
- Wash produce from the garden thoroughly with water before eating.
- Cough and sneeze into your elbow or a disposable tissue (and discard it immediately in a garbage can). Wash or sanitize your hands.

Anyone who is not able to follow these instructions will not be able to continue coming to the garden. It's very important to keep everyone safe and limit the spread of COVID-19.

Additional information:

- Wearing a facial covering (cloth non-medical mask) is not proven to protect the person wearing it, but may protect the people around you. It can act as a barrier that stops tiny droplets from spreading. A facial covering does not replace physical distancing or hand washing. If you wear a facial covering, you should still wash your hands often with soap and water or use hand sanitizer. Do not touch your face while wearing a facial covering. It can become a source of infection if not properly worn, laundered or discarded.

Current as of May 1, 2020.