



COVID-19 & COMMUNITY GARDENING IN CHICAGO

While getting outside for a touch of nature is important during the COVID-19 crisis, all social contact increases the risk of spreading the disease. **The best way to reduce this risk is to STAY HOME.**

If you do decide to visit your garden, exercise an abundance of caution. **Community gardening is riskier than taking a walk.** Do everything you can to keep yourself and your community safe by following these guidelines:

- **When in doubt, stay home.** Do not come to the garden if you or someone in your home is sick, if you are a member of a vulnerable population, have health conditions, or are a senior.
- **Do not hold group volunteer days,** no matter how small.
- **Avoid using community tools and use your own.** If tools must be shared, be diligent and disinfect handles before and after use.
- **Do not share gloves.** Adults and kids should wear washable gloves while in garden and wash between visits.

- **Visit the garden alone** or with members of your immediate household.
- **Practice social distancing:** stay at least an arm and a shovel (6 feet) from others.
- **If several people are gardening, come back later.** Consider limiting the garden to 1-3 people at a time: leadership teams should offer sign-up times for gardening.
- **Wash hands regularly.** Use soap, or hand sanitizer if there is no water available. Bring your own, as the supplies are limited.
- **Be aware of high-touch surfaces.** If you must touch, disinfect gate handles, water spigots, shed doors, etc., both before and after use.
- **Remove any and all personal items and trash** you bring to the garden.
- **Thoroughly wash all produce** you harvest from the garden.
- **For collective duties, make an online task list.** Work done individually or in very small groups can still be shared by the community!
- **Post signage with these guidelines and rules in public.** Remember, our first responsibility is to keep each other safe.