



Denver Urban Gardens' COVID-19 Guidelines for Safe Community Gardening

Denver Parks

*"The greatness of a **community** is most accurately measured by the compassionate actions of its members."* – Coretta Scott King.

We are in a new and trying time right now. This is a time to remember to slow down and take care of ourselves, our families, and our community. This is also a time to be grateful for the fresh, healthy food we grow and the people who nourish our lives. This is a time to remember that we are not in this thing called life alone. Be kind. Be generous. Be resilient. We will get through this by working together.

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DUG understands that gardening can be a stress-relieving and even immune-system-boosting activity. We want you to be able to go to your garden, and your garden landowner has agreed that gardening is an essential activity. However, everyone must be familiar with [DDPHE's](#) Stay at Home Directive and follow the [CDC](#) and [CDPHE](#) guidelines around distancing and social precautions for COVID-19 to [flatten the curve](#).

Share this information with all gardeners.

You can still garden, but you must take these precautions:

1. Stay home and rest if you are sick or have been exposed to COVID-19.
2. Wash your hands BEFORE and AFTER you go to the garden.
3. If you have sanitizing wipes, bring them with you. If not, carry a ziplock bag with very soapy, warm water and a washcloth.
4. Wear a face mask.
5. Keep your garden locked when there are no gardeners present.
6. Use your sleeves, or wear disposable gloves to open the gate and lock. Wash down the gate handle and lock after opening and closing.
7. Only use tools you bring from home and only share them with people you live with.
8. Stay 6 feet away from others in the garden. Smile and wave instead of physical contact.



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9. Limit the number of people in the garden at any one time to 5 or fewer.
10. Know that your work in the garden is improving your health and the health of your community.
11. Look at the sky and breathe deeply!

On a workday:

1. Be sure that 5 or fewer gardeners are in the garden together at any one time. If needed, break the workday into two or more shifts.
2. Wash your hands before you come to the work day and if you have disposable gloves, use them.
3. Wear a face mask.
4. Only one person per tool, including wheelbarrows. Label your tools and do not share. Thoroughly clean and disinfect the handles before and after use.
5. Make sure every plot is allowed an even share of compost.
6. Ask gardeners and volunteers to bring their own water and snacks to avoid commingling of water and food.
7. Provide hand sanitizer if you are able. (You can make your own by mixing: 2/3 cup isopropyl alcohol and 1/3 cup of aloe vera gel.)
8. Practice social distancing by staying at least 6 feet apart from other gardeners and volunteers at all times.
9. Wash your hands for at least 20 seconds as soon as you get home.
10. Wash your clothing including your jacket as soon as you get home.

General Notes and Guidelines about COVID-19

Current research suggests the COVID-19 virus can live for up to 2 days outside the body on various surfaces - possibly longer, possibly less, depending on the actual surface material. We do not know exactly how long it can live, but this is a good parameter to use when making assumptions about what we can and can't touch.

Soap, alcohol and bleach are the best agents to kill the virus.