

## **2020 Covid-19 Shepherd of the Mountains Community Garden Guidelines**

### **How long can the COVID-19 virus live on surfaces?**

Current research suggests the COVID-19 virus can live for up to 3 days on surfaces, longer or less, depending on the actual surface material (plastics 72 hrs, stainless steel 48 hrs, cardboard 24 hrs – based on an article in [New England Journal of Medicine](#)). We don't know exactly how long it can live, but this is a good rule to follow regarding what we can and can't touch.

### **What's a safe distance for interaction with others?**

- No more than 10 gardeners in the garden at a time.
- Maintain at least 6 feet between yourself and other gardeners.
- Bring a mask to wear when others are in the garden. The CDC provides guidelines on use and directions for how to make a mask from items you may have around the house.
- When in doubt, STAY HOME. Do not come to the garden if you are feeling ill, showing symptoms, someone you've been in contact with is sick, if you have health conditions, are an older adult or a member of another high risk population.

### **What are proper practices for keeping my hands and surfaces disinfected?**

- Soap, alcohol and bleach are the best agents to kill the virus. Soap with water is VERY effective.
- Wash/disinfect your hands before entering and when leaving the garden.
- When washing hands with soap and water scrub for 20 seconds. If soap and water are not available use an alcohol-based hand sanitizer (at least 60% alcohol).
- A sanitation station for hand washing is at the main garden gate.
- It is good practice to wear gloves; however gloves do not replace proper disinfection procedures. The outside of your glove can still transmit diseases to yourself and others. If you wear gloves, dispose of or wash them after each use.
- Cough or sneeze into your sleeve or a tissue that fully and tightly covers your mouth. Dispose of the tissue immediately and wash your hands. If using your sleeve, it is now carrying germs, so take care to avoid bringing that sleeve into contact with others.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Bring your own tools from home. We will provide hose wands for watering. Please take tools home when you leave the garden.
- Thoroughly spray the hose nozzle and water spigot with the disinfectant solution provided before and after use. If surfaces are dirty, clean them before disinfecting. Wipes will be provided when they are available.

### **Do I need to be concerned with food safety when it comes to produce from my garden?**

- Always practice proper hand washing when handling food, as well as before and after eating. There is no evidence that COVID-19 is passed on through food. Thorough cooking will kill the virus.
- Do not eat or drink in the garden.
- If produce from your garden is going to be shared with others, use extra caution.