

COVID-19 Recommendations for Gardens

Public gardens, home gardens and Master Gardeners

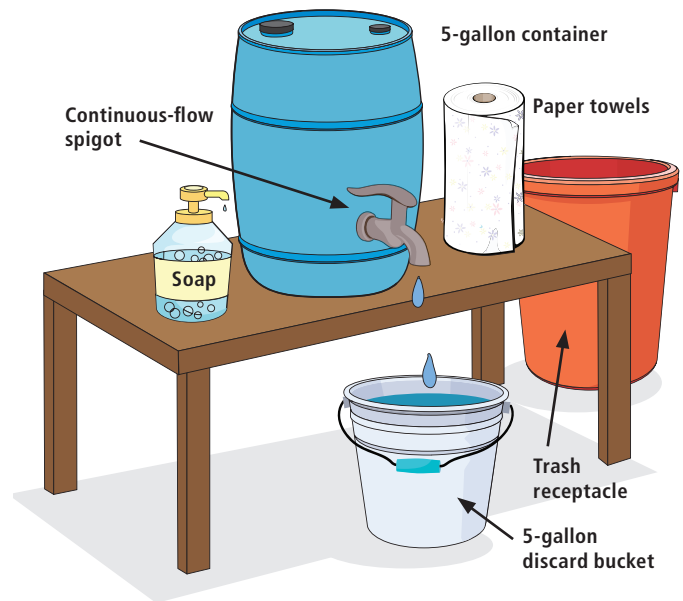


Gardening provides many health benefits that are needed during these stressful times. These benefits include exercise, a boost in mental health from time spent in nature, and growing your own healthy food.

University of Missouri Extension is here to support you whether you are new to gardening or experienced. Local horticulture specialists can be reached by email or phone message and can provide assistance with gardening questions, diagnostic services, soil testing questions and online educational opportunities.

Best practices

- Postpone events and gatherings to avoid large numbers of people in close proximity.
- Check with local authorities on restrictions that might apply to your garden and group activities.
- Consider limiting the number of visitors or closing the garden to the public, if possible.
- The CDC recommends wearing a mask while in public places. Stay home if you are sick or have been around anyone who is sick.
- Consider the necessity and potential risk of activities. Essential activities can continue, but evaluate activities that can be delayed or that bring people into close contact with others.
- For essential activities, practice social distancing if others are present.
- Conduct necessary meetings online or by phone.



Cleaning and disinfection

- Gardeners should provide hand-washing stations, if at all possible, and/or hand sanitizer. Request that gardeners wash their hands before entering the garden and upon exiting.
- Regularly disinfect surfaces that are touched, including reusable bins and buckets, shared tools, railings, doorknobs, tables, etc. Whenever possible, use nonporous plastic tables that can be easily disinfected.



Request that gardeners wash their hands before entering the garden and upon exiting.

- Follow CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov>.
- Contact your county health department for specific guidance and regulations.
- COVID-19 resources: <https://extension2.missouri.edu/covid-19-resources-public>