

# AVOIDING LEGIONNAIRES' DISEASE WHILE GARDENING



It is great to be out in the garden.  
It's also important to take care of  
yourself when handling potting mix  
and compost to prevent Legionnaires'  
Disease.

Here are five easy things you can do:

- 1 Wear a well-fitting mask and gloves before starting work.
- 2 Open any bags carefully by using scissors to cut off the top.
- 3 Reduce any dust by spraying some water into the bag.
- 4 Work in a well ventilated area – preferably outdoors.
- 5 Wash your hands thoroughly after handling potting mix or compost and before touching your face or removing the mask.

AUGUST 2020

FIND OUT MORE AT  
[CDHB.HEALTH.NZ/SAFEGARDENING](https://www.cdhb.health.nz/safegardening)

**Canterbury**  
District Health Board  
Te Pōari Hauora o Waitaha