

PREVENTING LEGIONNAIRES' DISEASE ADVICE FOR GARDENERS



Legionnaires' disease is a serious and sometimes fatal form of pneumonia caused by the bacteria Legionella. Gardeners are at particular risk of catching Legionnaires' disease as the Legionella bacteria is commonly found in potting mix or compost products.

It is important gardeners follow five simple steps to avoid catching Legionnaires' disease from potting mix or compost:

1. Open potting mix or compost carefully – use scissors instead of ripping the bag.
2. Wear a well-fitting disposable face mask and gloves, and remember not to touch your mask when gardening.
3. Reduce dust by dampening down potting mix or compost with a sprinkle of water.
4. Work with potting mix or compost in a well-ventilated outdoor area.
5. Thoroughly wash your hands after handling potting mix or compost.

Canterbury

District Health Board
Te Pōari Hauora o Waitaha

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