



Kings Cross Community Garden

KINGS CROSS COMMUNITY GARDEN

Re. Covid-19, Corona Virus

Hi All,

Our Garden Committee is aware that we all have to be very careful about protecting ourselves and all the people who visit our garden.

Below is a policy regarding the essential steps that we all need to take. We ask that you not only follow these steps yourselves but also to ensure that you check in with all gardeners and visitors to make that they know what they need to do; including showing them where hand sanitizers are, and that they have ready access to hand washing facilities – soap and water at both taps.

Isolation brings its own problems. If anyone needs help with shopping or a friendly phone call for example – please let us know.

NSW Health has now stated (“Updated Advice to the public”, March 12) - If you have travelled overseas to another country in the past 14 days you should self-monitor for symptoms, practise social distancing as much as possible and immediately isolate yourself if you become unwell.

What to do:

- Wash hands thoroughly and often with soap and running water, especially after coughing and sneezing, or before eating.
- Where this is not possible, use hand sanitiser.
- Avoid touching your eyes, nose or mouth, especially with unwashed hands.
- Cover your nose and mouth when coughing or sneezing.
- Avoid shaking hands.
- Avoid close contact with people who have symptoms of respiratory illness.

In the Garden:

- Please bring, and wear your own gardening gloves – take them home and wash
- Hand washing points, including soap will be available at both taps
- All gardening tools, particularly handles must be sterilized after use – water and soap will be available
- Sterilizer is available for all to use – we recommend everyone carry their own
- If you have a cough or a runny nose – please don't come to the garden

KXCG Committee