



5 EASY WAYS TO avoid Legionnaires' disease while gardening



Work with potting mix or compost in a **well-ventilated area outside**.



Open bags of compost or potting mix carefully and **away from your face** using scissors.



Dampen down the potting mix or compost with a sprinkle of water to reduce dust.



Avoid touching your face. If possible wear a well-fitting disposable face mask and gloves but do not touch your mask while gardening.



Wash your hands thoroughly after handling potting mix or compost, or doing any gardening.

Find out more at
ourhealthhb.nz

