

GEAR UP AGAINST LEGIONELLA

- Legionella bacteria can be commonly found in water, soil, compost, and potting mix and can cause Legionnaires' disease
- Legionnaires' disease is a flu-like illness that can develop into severe pneumonia and could be fatal
- Using the right gear for gardening can help you avoid getting the disease.

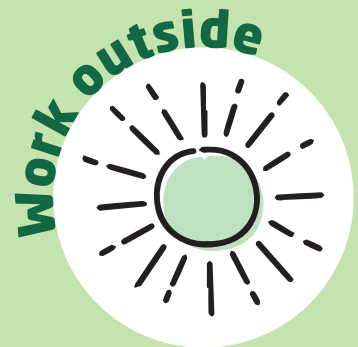
5 easy ways to avoid Legionnaires' Disease while gardening



Use well-fitting disposable face mask and wear gloves when handling compost and potting mix.



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



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



Dampen down compost or potting mix to reduce dust.



Wash your hands thoroughly with soap and water after the work is done.

 **Community & Public Health**
Te Mana Ora

Canterbury
District Health Board
Te Poari Hauora o Waitaha