

## No April Creek Week event? No problem!

### You can join an organized creek clean-up this October!

#### **Planning and Preparation**

##### **Check our website:**

Check the [Creek Week volunteer pages](#) for updated postings on availability of area clean-ups in October. Follow instructions there to register and to come prepared.

##### **Gather your own gear:**

- Personal Protective Equipment (PPE)
- Small trash bags or buckets, and a trash grabber if you have one
- Gloves, mask, hand sanitizer, a hat for sun protection, and close-toed shoes for sharp objects
- Water (reusable water bottles are encouraged), sunscreen, bug protection
- Read and agree to the Creek Clean-Up Guidance provided here and at Eventbrite registration

#### **Day-of Clean-up**

##### **COVID-19 Safety and General Guidance:**

**To protect your health and slow the spread of COVID-19**, anyone who wishes to participate in a creek clean-up must follow the most recent guidance from the Centers for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> and

County of Sacramento: <https://www.saccounty.net/COVID-19/Pages/default.aspx>.

- Clean-ups are for those who feel healthy. Do not venture out if you feel sick! If wildfire smoke is in our area check <https://fire.airnow.gov/> or <https://www.purpleair.com/> or <http://www.sparetheair.com/forecast.cfm>
- Never go out alone. For safety, always pair up with someone to work with you who you know and make sure they have been protecting themselves from the COVID virus and are free of COVID symptoms.
- Maintain at least 6 feet physical distance from everyone you encounter, even if you are wearing a mask.
- ALWAYS wear gloves – disposable if available - and dispose of or wash them immediately after your cleanup.
- Avoid touching your face.
- Do not pick up sharp objects, especially syringes! You may report by calling 3-1-1.
- Don't pick up anything too heavy
- Avoid homeless camps
- It's important to pick up small items — cigarette butts, plastic pieces...
- Be aware of traffic and do not attempt to pick up litter in roadways.

- In parks, creeks/natural areas, follow all posted signage and limit activities to areas open to the public.
- If you clean up a local waterway, be mindful of the conditions (such as poison oak, campers, etc.), and be careful near the water's edge.
- Keep a safe distance from all wildlife!
- Leave nature as-is! Do not pick up or disturb natural objects, such as leaves or branches.
- Avoid over-exertion, sunburn, heat exhaustion, and dehydration. When in doubt, come in early!
- Unfortunately, you may find used gloves, masks, and other personal protective equipment (PPE) among litter. **ALWAYS USE A GRABBER TO PICK UP ANY PPE.**

### **After the Clean-Up**

- Dispose of or wash gloves immediately after your cleanup. To properly remove disposable gloves, grab the glove opening near your wrist and pull towards your fingers, then turn the glove inside out before disposing.
- [Wash your hands thoroughly as soon as possible](#), and use hand sanitizer in the meantime if soap and water are unavailable.
- Share your pictures! Pictures say a thousand words!! Share pictures of what you found and posing with your garbage catch and share them with us! Pictures can be sent to us via email at [saccreeks@gmail.com](mailto:saccreeks@gmail.com), or by posting them with the hashtag #SacCreekWeek2020

### **Thank you for caring!**

We appreciate your hard work to keep our creeks and natural areas clean.

### **Future Clean-Ups**

- Keep checking back! Be sure to follow us on Facebook too! New clean-up opportunities will be posted as they arise.
- You don't need to wait for an organized clean-up. Random Acts of Clean-Up can be done ANYTIME! We hope you continue to enjoy our creeks and natural areas while making these clean-ups part of the fun!