

No April Creek Week event? No problem!

You can take part in “Random Acts of Clean-Up” or an organized clean-up this October!

Due to COVID-19 restrictions, our Spring creek clean-up was cancelled, but you can still help us improve the health of our creeks and other natural areas this Fall and beyond!

Trash moves through storm drains to pollute creeks and rivers, so you don't have to wait for a scheduled event to clean a creek. **“Random Acts of Clean-Up” can be planned anytime and almost anywhere—even your own neighborhood!**

There is more than one way you can participate in a clean-up.

- Conduct a clean-up with family, friends, and/or neighbors in your neighborhood or at a creek.
- Join an organized creek clean-up.

Whether you want to venture out with a small team on your own or join a team that is already coordinated, please read and follow the clean-up guidance below:

Planning and Preparation

Check our website:

Go to the creekweek.net Home and Volunteer pages to look for clean-up resources, locations, trash reports and other great information to help you decide how you can make a difference.

Choose between your own small (Random Acts) or an organized clean-up:

- Go out on your own - You can informally clean in your neighborhood, at a creek or other natural area anytime! Follow the Safety Guidance and remember to grab a buddy before you head out!
- Join a larger clean-up effort - Check the Creek Week website for updated postings on availability of area clean-ups in October. **Follow instructions there to register and to come prepared.**

FOR RANDOM ACTS OF CLEAN-UP

Find a location:

There are many areas where you can plan your Random Acts of Clean-Up activity.

- Visit creekweek.net to find an accessible creek or natural area clean-up location in your area.
- Look around your neighborhood or where you walk to do errands or for exercise. It's likely you will see there is litter in the gutters, on sidewalks and turf areas. Look in hidy corners, edges of parking lots, near storm drains, bus stops ...

Either choice, please gather your own gear (limited supplies available at the organized clean-ups):

- Personal Protective Equipment (PPE)
- Trash bags or buckets, and a trash grabber
- Gloves, mask, 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
- Use the Creek Week form and submit it after the clean-up before the end of October if you do a Random Act of Clean-Up.

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.**
- Dispose of trash in available public receptacle or in your home garbage or recycle bin if you do a Random Act of Clean-Up.

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.
- Those who do a Random Act of Clean-Up are asked to please fill out the short post clean-up [report](#) the same day and send it to saccreeks@gmail.com. This will help us better understand the condition of our neighborhoods, creeks and natural areas. Aggregate results will be reported to Cities and the County.
- 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, 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 and for taking the time to report your observations and results!

Future Clean-Ups

- Keep checking back! Be sure to follow us on Facebook too! New clean-up opportunities will be posted as they arise.
- Random Acts of Clean-Up activities can be done ANYTIME! We hope you continue to enjoy our creeks and natural areas while making these clean-ups part of the fun!