

## **Guidance for North Central Neighborhood Winter Cleanup**

Neighborhood cleanups start at our own front doors. Trash can travel through storm drains, creeks, and rivers to become beach pollution. From 10 a.m. – 12 p.m. Saturday, December 12 (or whenever you can make it), let's help clean up in our own neighborhoods and local natural areas.

To protect your health and slow the spread of the coronavirus, please follow the most recent guidance from the Centers for Disease Control, available here:

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

In addition to the CDC guidelines, HANCSM recommends the following practices for cleaning up litter and other debris:

### **Preparation**

- If you are sick in any way, DO NOT go out for a cleanup.
- Assemble your own cleanup gear, including Personal Protective Equipment (PPE). This should include trash bags or buckets, gloves, face mask, a trash grabber or tongs (if available), sun protection, and make sure to wear close-toed shoes to protect against sharp objects.
- (Optional) Download the [Clean Swell app](#) (available for free on all platforms) to keep track of what you pick up and how many people participated with you (use the group name "HANCSM")
- Please check the [air quality](#) in your area and if it is unhealthy, please do not go out for a cleanup.

### **Cleanup**

- Maintain a social distance of at least 6 feet from everyone you encounter, even if you are wearing a mask.
- Put on your Love North Central shirt if you've got one. (Pick one up [here](#), if you want one)
- ALWAYS wear gloves – disposable if available - and dispose or wash them immediately after your cleanup.
- Avoid touching your face.
- Do not pick up sharp objects, especially syringes!
- Don't pick up anything too heavy or anything that you will not be able to fit into your home debris bin. [Report it here instead](#) (preferred) or call 650-522-7300 (M-F, 8am-4:45pm)
- In parks and natural areas, follow all posted signage, stay on trails, and limit activities to areas open to the public.

- If you clean up a local beach or waterway, be mindful of the conditions (such as high tide, sneaker wave warnings, etc.), and be careful near the water's edge.
- Keep a safe distance from all wildlife!
- Do not pick up or disturb natural objects, such as leaves, nests, or eggs.
- 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. **DO NOT PICK UP ANY PPE** without a grabber.

### **After Cleanup**

- Dispose of trash in your home debris bin
- Dispose 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.
- Show us your cleanup! Share pictures of your strangest litter, “before and after pictures” and more with HANCSM ([hancsm@gmail.com](mailto:hancsm@gmail.com)) for a chance to win prizes!

*By participating you understand and agree that HANCSM may not be held liable or responsible in any way for any injury, death, or other damages to you or your family, heirs, or assigns that may occur as a result of your participation, or as a result of product liability or the negligence, whether passive or active, of any party in connection with the cleanups.*

Have fun and remember, safety first! Thank you for extending your care and compassion to our communities at this time! Stay healthy.

