



Heal the Bay

# Self-Guided Cleanup Tips


Storm Response and Atmospheric River Conditions

## PREPARING FOR YOUR CLEANUP:

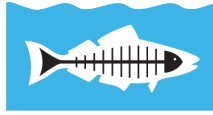
- Plan where your cleanup location will take place and how long you wish to be out. Below is a list of suggested locations:



- Check the forecast, including tide levels! Don't get washed away! We use: [NOAA Local Tides and Currents](#)
- If there's lightning, don't go.
- Make sure you have proper attire (rain jacket and boots/waterproof shoes).
- Wear Personal Protective Equipment (PPE), especially your gloves! This is so important; plastic debris is very good at holding on to toxins and bacteria you might not be able to see.

 **Tip:** Kitchen tongs work great for collecting wet trash! Just be sure to sanitize them again afterwards!

- Bring a bag or bucket to collect trash.



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### DURING YOUR CLEANUP:

- Put you and your group's personal safety first!
- Never turn your back on the ocean, stream, or river! The very high tides, rogue waves, and river currents are swift and merciless during a storm.
- Be careful near outfalls and channels. Don't climb any fences to reach trash!
- Wear gloves and do not touch trash with your hands.
- Pick up as much trash as possible. We would prefer that Storm Response Team deployments prioritize quantity over data collection at this time.
- If you are at the coast, concentrate on cleaning in the intertidal zone, which is the area of land that gets wet from the waves throughout the day. Beach maintenance trucks will collect over flatter, dry sand areas but the habitat in the intertidal zone is too fragile to be driven over by the heavy trucks. Be sure to keep an eye on the water at all times!
- Don't pick up that looks sharp, biohazardous, or dangerous.
- Don't pick up items that look like they may be someone's personal belongings.
- Don't pick up natural items such as: leaves, rocks, feathers, kelp, or animal remains.
- Take photos, focusing on large amounts of trash, single-use plastic items, and PPE.

### AFTER YOUR CLEANUP:

- Please dispose of the trash in the nearest trash can and where it can't be washed away by the storm again.
- Wash your hands and sanitize all reusable cleanup supplies thoroughly.
- Take note of the type of trash you found. Was there a lot of styrofoam? Beverage related debris? Cigarette butts?
- Send your reflections, photos, cleanup location, and any other important information to [Comms@healthebay.org](mailto:Comms@healthebay.org) or post on social media and tag @Healthebay and use #StormResponseTeam.

