

If you're feeling sick, stay home!

Use eye protection like goggles or safety glasses

If available, wear a protective face mask like an N95 or surgical mask to stay safe from bioaerosols

Wear sturdy, tear-resistant gloves

Be sure to tend to any open wounds like cuts or scrapes before starting a cleanup

If using a trash picker, don't forget to sanitize it before and after use

Thoroughly wash any clothing you wore during a cleanup - separately from other clothes if possible!

Hand sanitizer is great to keep handy, but washing your hands with soap and hot water for 20+ seconds is always best!

If you start to feel unwell after a cleanup, don't hesitate to seek medical care as soon as possible



SEASIDE CLEANUP HEALTH SAFETY TIPS!

REFERENCES

"Beach Cleanups." Solo Beach Cleanup Guidance, Surfrider Foundation, 2024, cleanups.surfrider.org/solo-beach-cleanup-guidance/