**Litter Clean-Up Guidelines**

**Thanks so much for helping beautify our city!**

**Please be careful; safety is our #1 priority!**

Please adhere to the following guidelines for your safety.

1. Remove trash and litter during daylight hours in conditions of good visibility, and do not wear headphones or clothing which would impair hearing or visibility of participants.
2. Only allow such persons to participate as are determined by the individual/group to be responsible enough to safely participate in the litter removal activities. No person shall consume or be under the influence of alcohol or drugs while participating.
3. Items collected should include litter and debris that can fit into trash bags provided. Tires and other bulky items should be stacked nearby, not on top of or under trash bags. **Do not collect brush, trees or other yard waste items.**
4. **Bags of collected trash should not exceed 40 pounds.** Filled bags should be tied and placed near light/telephone poles for collection. Bags should not be placed within 5 feet of the road, sidewalk, fire hydrants, bus benches and driveways.
5. The City recommends the group have a First Aid Kit available at the clean-up site during clean-up activities. The City also recommends that at least one individual have a cellular phone at the clean-up site.
6. **Call 911 (Police/Fire Emergency) in the event of any emergency during the clean-up.**
7. Materials collected will be removed after the Council Bluffs Recycling Center has been notified through one of the means below that your clean-up occurred.
8. Participants will not pick up syringes, hypodermic needles, broken glass, exceptionally large, heavy, or unwieldy objects or any other hazardous item. The location of these kinds of materials should be noted and the Council Bluffs Recycling Center notified through one of the means below for proper disposal.

**Litter Clean-up Safety**

We want volunteers to be safe and enjoy their service opportunities. Since activities are conducted outdoors, you might come in contact with a tick or two. The following are ways to minimize the chance of receiving a tick bite:

Wear long-sleeved shirts and long, light-colored pants tucked into socks or boots.

Use insect repellants that contain DEET. Read and follow the label directions for application (DEET is not recommended for use on children under 2 months of age.)

Check yourself and your children for ticks as soon as you are finished with your activity and again when you get back home.

**After You Come Indoors**

**Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Placing clothes into a dryer on high heat for at least an hour effectively kills ticks.

**Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

**Check your body for ticks after being outdoors**. Conduct a full body check upon return from potentially tick-infested areas, which even includes your back yard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

* Under the arms
* In and around the ears
* Inside belly button
* Back of the knees
* In and around the hair
* Between the legs
* Around the waist

**What to Do if You Find an Attached Tick**Remove the attached tick as soon as you notice it by grasping with tweezers, as close to the skin as possible, and pulling it straight out.