



## Instructions for solo and household cleanup crews

**Step 1:** Register online at [quintetrashbash.ca](http://quintetrashbash.ca) and choose an area where you would like to pick up

**Why register?** It tells us which areas have been cleaned, how many people have participated and could be used to assist with contact tracing if needed for public health purposes

**Step 2:** Review our COVID-19 checklist on the back of this handout.

**Step 3:** Pick up litter from parks, green spaces and sidewalks on any day of your choosing during Waste Reduction Week (October 19 to 24).

**Step 4:** Bring your collected garbage to a Trash Bash drop-off station on Saturday, October 24 between 9:00 am and 1:00 pm. Dumpsters will be located at:

- Quinte Exhibition and Raceway, northwest corner of Bridge St. and Sidney St
- Quinte Sports & Wellness Centre, parking lot B

If you don't have wheels to drop off the trash or have collected more bags than fit in your vehicle, please submit a Trash Bash pickup request at <https://forms.belleville.ca/Trash-Bash>.

### **Too big, too dangerous to haul?**

If you come across something really big or heavy (such as furniture) or something too dangerous to pick up (such as needles, flammable liquids, etc.), take note of the location.

**Do not pick it up.** Submit a Trash Bash pickup request at <https://forms.belleville.ca/Trash-Bash> and we'll arrange to pick it up.

See reverse for instructions on picking up discarded personal protective equipment (PPE).

**Supply Kit contains:** Nitrile gloves, garbage bag, event instructions

**A note on recycling:** Trash Bash will not be collecting plastic, metal and paper separately this year. Use the black garbage bag for all trash collected.

**BE SAFE. Stay away from riverbanks. Stay off of private property.  
Be mindful of vehicle traffic. Wear bright colours.**

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# Quinte Trash Bash COVID-19 Checklist

The safety of our participants is our first priority. Before you head out to clean up, please review the steps in the checklist below.

## Everyday Actions

Hastings Prince Edward Public Health recommends all residents practice the following five key actions to reduce exposure and help stop the spread of COVID-19 in our community:

1. Stay home when ill;
2. Ensure physical distancing of 2 metres is taking place;
3. Wear a mask or face covering in public spaces, and when physical distancing is difficult or not possible;
4. Practice hand hygiene and environmental cleaning;
5. Screen and test anyone who is concerned about potential transmission.

## Before the Cleanup

### Visit your cleanup site

Is it suitable? Is it safe? Is there enough litter? Check the peak times for your site to avoid doing a cleanup during a busy time of day.

### Prep for safety

Gloves are provided in your supply kit but participants should bring hand sanitizer to use during the event if needed and a mask in case you will be within six feet of other people.

### Check your health

If you, or anyone in your household is experiencing any flu or flu-like symptoms, please stay home. A COVID-19 assessment tool is available at <https://covid-19.ontario.ca/self-assessment/>.

## During the Cleanup

### Keep 2 metres of distance

Maintain physical distancing with members of the public at the cleanup site.

### Keep your hands clean

Wear gloves, and remember to avoid touching your eyes, nose, mouth or ears with unwashed hands. Wash your hands before touching your face and avoid eating during

### What to do with PPE litter?

If you find personal protective equipment (PPE) such as disposable gloves and masks, it is safe to pick up provided you are wearing gloves (or using a pick up stick), hand sanitize when needed, and avoid touching your face.

## HOW TO SAFELY WEAR A MASK:



- ✓ Do wash your hands before putting it on & taking it off
- ✓ Do make sure it fits to cover your mouth & nose
- ✓ Do wash your cloth mask in the laundry
- ✓ Do clean surfaces that a dirty mask touches
- ✗ Don't touch your face or mask while using it
- ✗ Don't use masks on children under 2 or those who can't breathe with them on
- ✗ Don't share your mask with others
- ✗ Don't wear medical masks, keep them for health care workers

The best protection is

- Stay home
- Keep a 6 foot distance
- Wash hands often

Adapted from Toronto Public Health