



## 01 HOLIDAYS AND TRASH

FEWER DAYS WITHOUT COLLECTION

As part of contract changes with Tulsa's refuse contractors starting in 2020, **trash and recycling are being collected on certain holidays that previously have had no service. These are Memorial Day – May 25, Independence Day – July 4 and Labor Day – Sept. 7.** Refuse and recycling services will operate on these days, and bulky waste pickups also will be available.

The City holidays when trash will not be collected are **Thanksgiving Day – Nov. 26, 2020, Christmas Day – Dec. 25, 2020, and New Year's Day – Jan. 1, 2021.**

**Trash will not be collected on Thanksgiving, Christmas and New Year's.** The collection days will be pushed to the following day to accommodate the disruption in scheduling.

- **Thanksgiving will shift to Friday pick up and Friday service will shift to Saturday pick up.**
- **Christmas will shift to Saturday pick up.**
- **New Year's Day will shift to Saturday pick up.**

Changes from the usual schedule will occur only on Thanksgiving, Christmas and New Year's and for the days following these holidays. There are no trash services on Sundays.

# CITY LIFE

JULY 2020

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## IN THIS EDITION OF CITY LIFE

01  
**FEWER TRASH HOLIDAYS**

Tulsa now collecting trash on Memorial Day, Independence Day and Labor Day.

02  
**HELP AVAILABLE AT 211**

Free call-in service supports those facing hardship in our community.

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03  
**HELP REDUCE OZONE**

On Ozone Alert! days, drive less and avoid using gas-powered lawn tools.

04  
**USING WATER WISELY**

Here are ways to conserve water both inside and outside your house.

**+ PLUS: PREPARE FOR SUMMER HEAT HEALTH RISKS.**

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WWW.CITYOFTULSA.ORG | TULSA311@CITYOFTULSA.ORG | CALL 311



## 02 CALL 211 FOR HELP

COMMUNITY SERVICES AVAILABLE

The Community Service Council's 211 Eastern Oklahoma is a 24/7 free helpline available to connect Oklahomans to thousands of community services across 37 counties. Individuals can dial 2-1-1 to speak with highly trained specialists who can answer questions, or they can search online through our fully vetted online database to find the right services near them. Live text and chat are also available.

211 Eastern Oklahoma serves on average around 500 people daily with requests related to assistance with utility bills, food, housing, healthcare, and more. During the COVID-19 pandemic, daily call volume has nearly doubled, and specialists have served upwards of 1,500 people daily. By mid-May, the helpline had already served more than 20,000 people with specific COVID-19 related needs.

To assist in this time of crisis, 211 Eastern Oklahoma has been designated an official COVID-19 Resource Hub through the Oklahoma State Department of Health. 211 specialists are available to answer any questions related to COVID-19, including locations of testing sites or how to set up an appointment for a free COVID-19 test.

No matter what your need or what hardship our community is facing, 211 Eastern Oklahoma is always available, serving more than 200,000 Eastern Oklahomans annually. If you need help, **dial 2-1-1 or visit 211EOK.org.**



### 03 OZONE ALERT!

LET'S KEEP CLEARING OUR AIR!

Developed in Tulsa in 1991, Tulsa's Ozone Alert! Program was the first air quality initiative of its kind in the nation. And 30 summers later, our ozone levels have considerably improved and air quality is better than ever. Thanks for 30 Tulsa!

Each summer, however, high heat, low winds and minimal cloud cover may trigger Ozone Alert! days. While ozone is a protective element in the upper atmosphere, at ground level it can cause health problems. Ozone forms when emissions from motor vehicles, gasoline-powered equipment, household paints, stains and solvents combine and "cook" in the heat and sunlight.

When air pollution and weather conditions favor the formation of unhealthy ozone, Tulsa issues an Ozone Alert. On those days, children, the elderly and individuals with breathing problems like asthma and COPD are especially at risk.

On Ozone Alert! days, you can help by driving less and avoiding unnecessary idling; choosing to walk or ride a bicycle or bus; postponing yard work with gas-powered tools and refueling vehicles in the evening or not at all.

Sign up to receive Ozone Alert! Day text notifications by texting the word **OZONE** to "41411". For more information, visit: [www.OzoneAlert.Com](http://www.OzoneAlert.Com)

### BEAT THE HEAT

KNOW WHAT TO DO WHEN TEMPS SOAR

Tulsa's social service and government agencies work together each summer to monitor heat conditions and minimize the effects of high temperatures on citizens. Still, it's important for all Tulsans to know how to handle the heat.

People of all ages who work or play outdoors are vulnerable to heat-related illnesses. Even in-shape athletes can fall victim to the heat.

Children and the elderly especially can be affected, warns the Emergency Medical Service Authority (EMSA). Be sure to call or visit older, at-risk adults twice a day to check if they are experiencing symptoms of heat exhaustion or heat stroke. If their home is too hot or you are worried about their transportation options, take them to air-conditioned locations.

EMSA cautions parents, caretakers and athletic coaches to take the heat seriously and understand that Oklahoma's hot temperatures can be deadly.

Vigorous outdoor activities, including football practices and similar activities, should be interspersed with frequent cooling breaks and participants should drink water or sports drinks. Also, avoid extremely cold liquids because they can cause cramps.

Call 911 immediately if you see the symptoms of heat exhaustion or heat stroke in a relative, friend, co-worker or yourself. Also, supervisors and workers who work outdoors in extremely hot environments should watch for heat-related symptoms and illnesses and call for medical assistance if needed.



### 04 WATER CONSERVATION

SMALL STEPS CAN SAVE WATER, MONEY

Although the City of Tulsa has a plentiful water supply, residents can still take steps to reduce their water usage. Saving water around your home is simple and smart. Minor adjustments to your house and your behavior can work wonders. Here are a few tips to conserve water:

#### INSIDE:

- **Fix leaks immediately. A faucet leak can waste 20 gallons per day; a toilet leak can waste 200 gallons per day.**
- **Turn off the tap while brushing teeth or shaving to save 5 to 8 gallons per day.**
- **Take a five-minute shower instead of a bath to save 50 gallons of water. If you take a bath, plug the tub immediately and adjust water temperature as the tub fills.**
- **Installing low-flow faucet aerators, faucets, shower heads and toilets can reduce water usage by 5 to 20 percent. Look for WaterSense® labeled devices.**
- **Replace old dishwashers or washing machines with new ENERGY STAR® models. If you can't replace machines, wash only full loads of dishes and clothes, or lower the water temperature setting.**

#### OUTSIDE:

- **Water in the morning to prevent water loss by evaporation. Avoid watering when it is windy.**
- **Maintain or upgrade your automatic irrigation system to reduce water waste. Check sprinkler patterns to make sure you're not watering the street or sidewalk.**
- **Use a hose nozzle with shut-off when watering manually, and use soaker hoses for trees and shrubs.**
- **Clean driveways and sidewalks with a broom instead of a water hose.**
- **Use climate-appropriate and native species in landscaping. Use mulch around plants to help reduce evaporation.**

#### MORE TIPS:

[www.epa.gov/watersense](http://www.epa.gov/watersense)