

GREENPEACE



10 tips to **Protect Yourself Against the Coronavirus and Care for the Planet**

DIY advice and recipes for cleaning, personal hygiene,
and staying healthy during the COVID-19 pandemic.

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Note

Your best source of information to protect your health and the health of others from COVID-19 remains official sources, such as Government of Canada public health education resources.

Chapter 1

Home and outdoors

Preventing the virus from entering your home

The coronavirus pandemic has caused many to be concerned about the possibility of bringing bacteria and viruses into the home after being outside. Actually, all we need to do is a little advanced planning to stay safe. Divide your home into a “**Buffer Zone**” and a “**Living Zone**” to lower the risk of the virus from getting in. As well as relieving some of our worries, it also means we don’t need to overuse disinfectants, thus lessening the negative impacts on the environment.

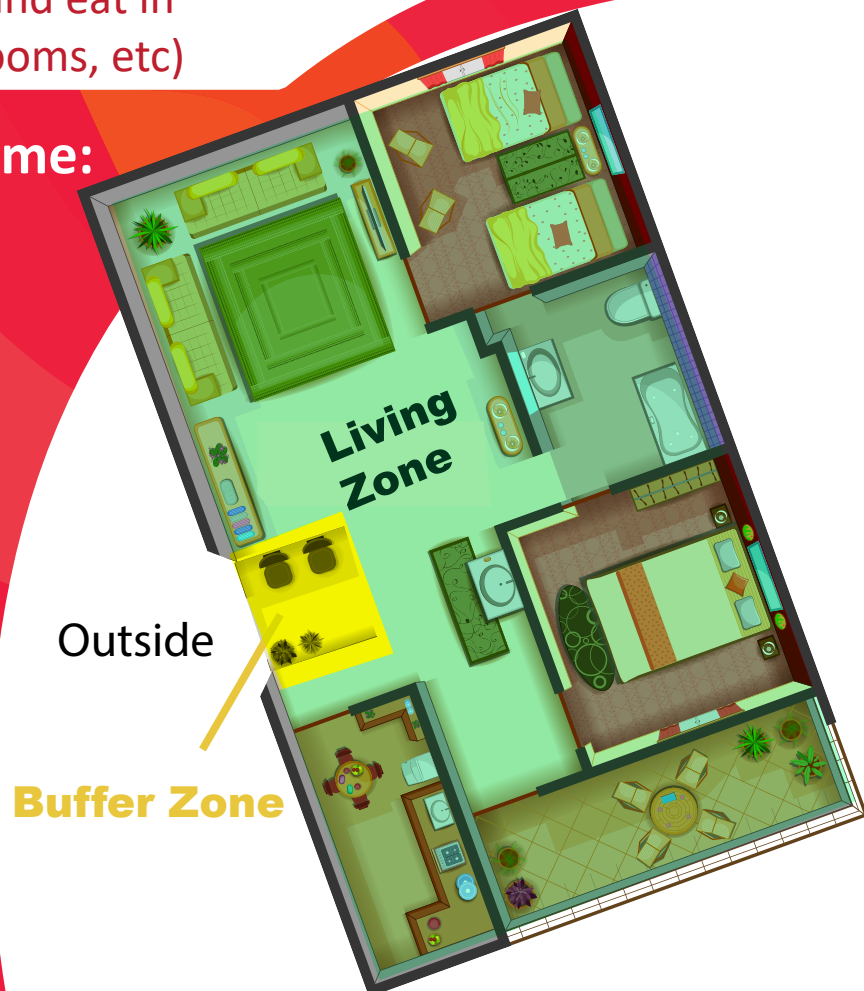
How do you divide your home into a “Buffer Zone” and a “Living Zone”?

Buffer Zone: The area between the entrance and the living area (for example: the entrance hall that lies between the main door and the dining/living room). In the ‘buffer zone’, remove any item that may have come into contact with the virus, such as shoes, outerwear such as coats, to ensure that the virus won’t be carried into the “living zone”.

Living Zone: The space you live and eat in (dining room, bedrooms, etc)

As soon as you get back home:

- 1) First, take off your outerwear in the Buffer Zone. Hang it up or put it in the laundry basket.
- 2) Take off your shoes and then enter the Living Zone.
- 3) Immediately put on slippers that you only use inside the Living Zone.
- 4) Wash your hands, take off your mask (if you’re wearing one), and then wash your hands again.



Preventing the virus from entering your home

What should you put in the Buffer Zone?

- Clothes basket or a coat stand
- Trash can
- Avoid walking around barefoot in the buffer zone, so that you don't track contamination into the living zone by accident.

What should you put in the Living Zone?

- A pair of slippers that you **only** use in the living zone.

Disinfect the Buffer Zone and clean the Living Zone.

- Disinfect the floor and objects in the Buffer Zone every day if you frequently go outdoors.
- If you only go out once every few days, then you can disinfect the buffer zone once every three or four days.
- There is no need to frequently disinfect or clean the living zone; twice a week should be sufficient.

If you forget to keep the buffer zone in good order, you may end up contaminating the living zone, and then you will need to re-clean and disinfect it.



The correct way to put on and take off masks

Canada's Chief Public Health Officer, Dr. Theresa Tam, has put forward a recommendation for the general public to wear non-medical masks or face coverings, in situations where it's difficult to maintain two meters distance from others while indoors. This means we should all wear masks at the grocery store, pharmacy, and on public transit, and any other places we're in close proximity to others outside our house holds.

It's important to wear your mask correctly in order to effectively reduce the spread of your own infectious respiratory droplets.

The correct way to use a face mask or face covering:

According to the Government of Canada, non-medical face masks or face coverings should:

- Allow for easy breathing;
- Fit securely to the head with ties or ear loops;
- Maintain their shape after washing and drying;
- Be changed as soon as possible if damp or dirty;
- Be comfortable and not require frequent adjustment;
- Be made of at least 2 layers of tightly woven material fabric (such as cotton or linen);
- Be large enough to completely and comfortably cover the nose and mouth without gaping.



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The correct way to put on and take off masks

Non-medical masks or face coverings should not:

- Be shared with others;
- Impair vision or interfere with tasks;
- Be placed on children under the age of 2 years;
- Be made of plastic or other non-breathable materials;
- Be secured with tape or other inappropriate materials;
- Be made exclusively of materials that easily fall apart, such as tissues;
- Be placed on anyone unable to remove them without assistance or anyone who has trouble breathing.



You have put the mask or face covering on incorrectly if any of the below happens:

1. Your glasses become fogged up = Air is escaping from the mask
2. The mask's folds open upwards = You've put it on upside down
3. Touching the surface of the mask when removing it = You may directly come into contact with the virus

Pets and Virus

According to the World Health Organization (WHO) and other reports, even though a few dogs and cats have tested positive for the virus, currently there is no evidence that cats, dogs or other pets can transmit the disease to humans.

How to protect yourself and your pets from the virus

- Wash your hands before and after handling and stroking your pet.
- Both you and your pet should avoid crowded spaces. Maintain adequate social distance from other cats and dogs.
- Clean up after your pets if they go to the toilet outdoors, disinfect the area, and then wash your hands.
- After using disinfectants in your home, make sure the space is properly ventilated before allowing pets inside.
- Don't allow your pets to lick any disinfectant residue that may be left on the floor or on objects in your home.



Chapter 2

Homemade products

How to make your own Hand sanitizer

Keeping our hands disinfected is critical to stopping the pandemic. The bottom line is to “wash your hands”, “wash your hands” and then “wash your hands” again. If you don’t have anywhere to wash your hands, then you can use hand sanitizer.

The following instructions on how to make hand sanitizer at home as well as the correct container to store it follows the World Health Organization (WHO) standards. All the ingredients you will need can be purchased from any pharmacy. You can use reusable items to make your homemade hand sanitizer, such as spoons from your kitchen to measure out quantities. You can even make a bit extra in one batch, divide it into clean containers and share it with your friends. So, as well as preventing the virus, you can also reduce waste!

Recipe for homemade hand sanitizer (100 ml)

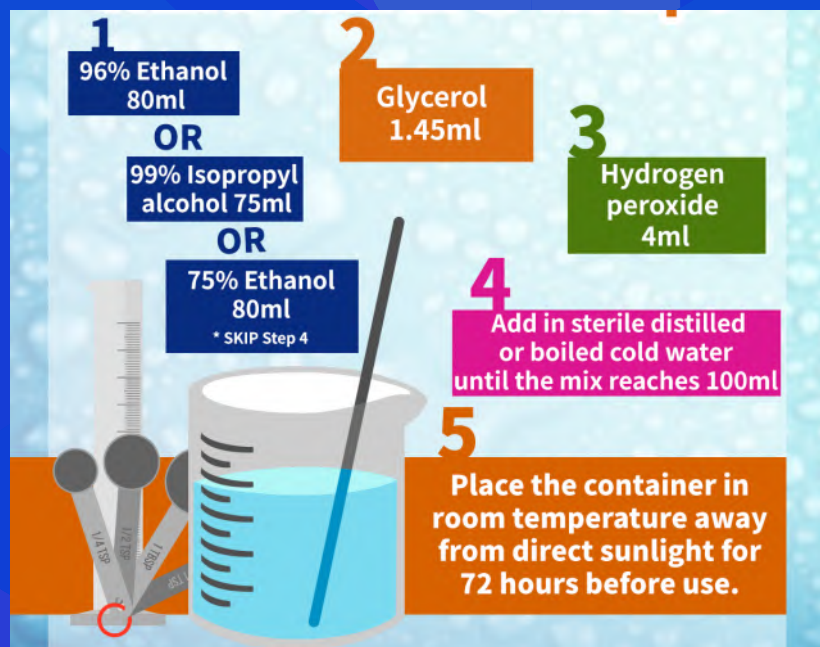
Ingredients:

- 80 ml of ethanol (96%/ 75%) or 75 ml of Isopropyl Alcohol (99%)
- 4 ml of Hydrogen Peroxide (3%)
- 1.45 ml of glycerol
- Filtered water that has been boiled and then cooled (or distilled water that has been boiled and then cooled)

Tools:

- Syringe or soup spoon (for measuring)
- Measuring cup (for measuring and holding liquids while stirring)

Instructions:



How to make your own Hand sanitizer

What kind of container should you use?

- To avoid plastic waste, the best choice is a glass bottle. Glass will not react with alcohol.
- Water bottles (usually made from PET) are not suitable for storing alcohol long-term.
- If you only have plastic bottles at home, you can use plastic No. 2 bottles, which are usually used for cleaning products.
- Do not use bottles made from PVC.
- Alcohol is both flammable and volatile. It must be stored in a container that can be screwed shut.

Things to note:

1. Use 96% ethanol, or 99% Isopropyl Alcohol (but reduce the volume to 75 ml).
2. If you use 75% ethanol, add the glycerol and the hydrogen peroxide directly; there is no need to add water.
3. Do not use a metallic container when measuring out the hydrogen peroxide.
4. Leave it to stand for 72 hours so that any organisms in the container will be killed by the disinfectant.
5. Do not use a large bottle. Use 500 ml or less.
6. Store in a cool and dry place. Do not place near an open flame or in direct sunlight.
7. Make sure you label each bottle with the ingredients and the date it was made. Store in a place that children cannot reach.



How to make your own disinfecting liquid soap

Using hand sanitizer can be convenient when you are outside the home. But for when you are at home, the WHO also recommends simply washing your hands using soap and water. You can make your own soap to wash your hands: as well as being an effective way of getting rid of bacteria and viruses, it's also environmentally-friendly since you avoid waste from plastic packaging. Check out the recipe below to make your own disinfecting liquid soap!

Recipe for making homemade liquid soap

Ingredients:

- 400 ml of water
- 50 ml of liquid castile soap (Available at most health food stores)
- 100 ml of fruit peel enzyme (Optional; fruit peel enzyme is a good skin restorer)
- 16-20 ml of essential oil (Choose according to your preference. For example, the best anti-bacterial oil is tea tree oil and eucalyptus oil. If you'd like a more relaxing oil, your best choices are lemon, sweet orange or lavender.)

Instructions:

1. Mix all the ingredients together until they are completely blended.
2. Pour into the dispenser you want to use. If you want it to foam, use a foaming dispenser.

How to make fruit peel enzyme:

You will need a **container with a lid**, and for every 10 parts of **warm water**, you need 3 parts **citrus peels**, 1 part **brown sugar** and 1 **tsp of instant yeast**.

1. Put all ingredients in the container. Tighten its cap and shake it. Date and store it in a warm place.
2. On a daily basis, loosen the cap to allow excess gas to be released and shake the container.
3. It's ready after 2 weeks (or 3 months if you don't use any yeast). Strain through a sieve and compost the leftover peels.

Fruit peel enzyme is a natural multi purpose, chemical free, eco-friendly cleaner.



Making your own mask

While medical masks should be reserved for healthcare workers, we can make our own upcycled non-medical mask using items we might already have at home (bonus points if you don't buy anything new!).



How to make a no-sew non-medical fabric face mask

Materials:

- Cotton fabric (you can use bedsheets, pillowcases, t-shirts, pyjamas, handkerchiefs, bandanas, tea towels, tote bags, or denim)
- Ties (you can use hair ties, elastics, bias tape, string, twill cord, shoelaces, strips of fabric or jersey knit, or cording)
- Non-woven insert (you can use piece of a non-woven fabric bag, shop towels, coffee filters, dry wet wipes, or kleenex)
- Tape (you can use duct tape, scotch tape, masking tape, or electrical tape)
- Safety pins



Tools:

- Scissors
- Measuring tape or ruler
- Pencil

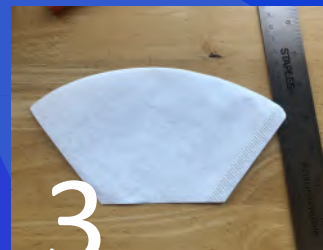
What's the best fabric to use for your face mask?

You should use plain, tightly woven cotton, not a stretchy knit, and wash it in hot water to shrink the fabric prior to making your mask.

Making your own mask

Instructions:

1. Cut your cotton fabric into a rectangle of 13 inches (33cm) tall by 14 inches (35.5cm) wide.
2. Cut your coffee filter to size to fit the cotton fabric.
3. Remove one inch from the tip of the coffee filter. The wide rounded side will be the top of the mask.
4. Place your filter on top of the fabric.
5. Roll the fabric over the filter.
6. Fold your fabric around the hair elastics or other ties and safety pin the fabric to secure the elastic or ties.
7. Use tape to close the safety pins. This is to ensure the safety pin is secure, so there is no way for it to open around your face. To wear the mask, fit each elastic or tie around your ears.



Watch out! Even with tape, under enough tension the safety pins can deform and be pulled free, becoming hazardous. Always check safety pins before putting on the mask.

You don't have any safety pins? The mask should still work without them, provided the fabric is long enough.

Using the elevator safely

We can re-engineer household items into magic “goldfingers” for pressing elevator buttons, helping us avoid the virus while staying environmentally-friendly.

How to use it:

Whenever you have to touch a surface that many other people would have touched, to avoid the risk of catching the virus simply pull out your magic, anti-virus “goldfinger,” use it, pop the lid back on, and tuck it back in your pocket. It’s an easy and convenient way to keep yourself safe from the virus.

Materials:

- A used lip balm tube
- A cork from a bottle or an eraser

Tools:

- A vegetable peeler or small knife

How-to:

1. Clean out any remaining lip balm from the tube.
2. Whittle down the cork or eraser until it will fit snugly into the tube.
3. Push the cork or eraser into the tube.
4. If the cork or eraser’s thickness is correct, you will be able to twist it right to the bottom of the tube. And it will be easy to use the bottom of the lip balm tube to twist it in and out.
5. Put the cap back on the tube, put it in your pocket, and then take it with you whenever you go outside.



Things to note:

Whenever you use it, avoid touching the cork because that is the part that will be touching surfaces that may be contaminated with the virus.

Chapter 3

Daily diet

Healthy vegetarian food

While we're all confined to our homes because of the virus, we could take this opportunity to reduce our meat consumption and eat more vegetables. This can reduce the negative impacts that meat has on the cardiovascular system, while also helping to reduce our climate footprint.

The food system, including changes in land-use linked to industrial agriculture, is currently responsible for a quarter of all greenhouse gas emissions (GHGs) that cause climate change. If we do nothing, by 2050 gas emissions from the food system will represent more than half of the total global emissions associated with human activities. Animal products are responsible for approximately 60% of food-related climate emissions.

Actually, if we limit our consumption of meat, fish and eggs to 180g per day then we could cut about half of our carbon emissions. We can replace animal protein with more vegetables, fruit, grains, beans, and nuts and get into the habit of eating less meat or cutting it out completely. **Why not try out one of our tasty vegetarian recipes?**

Baked beans on toast (serves 3)

Ingredients:

- 6 pieces of toasted bread (can be replaced with a baguette)
- 350g of boiled white kidney beans (dried beans or canned)
- 2 soup spoons of tomato paste/tomato ketchup
- A pinch of parsley
- 1 onion
- 1 clove of garlic
- 2 teaspoons of cayenne pepper
- 300ml of tomato juice or crushed tomatoes
- 30ml of maple syrup
- A pinch of salt and pepper
- A dash of olive oil (for frying)



Healthy vegetarian food

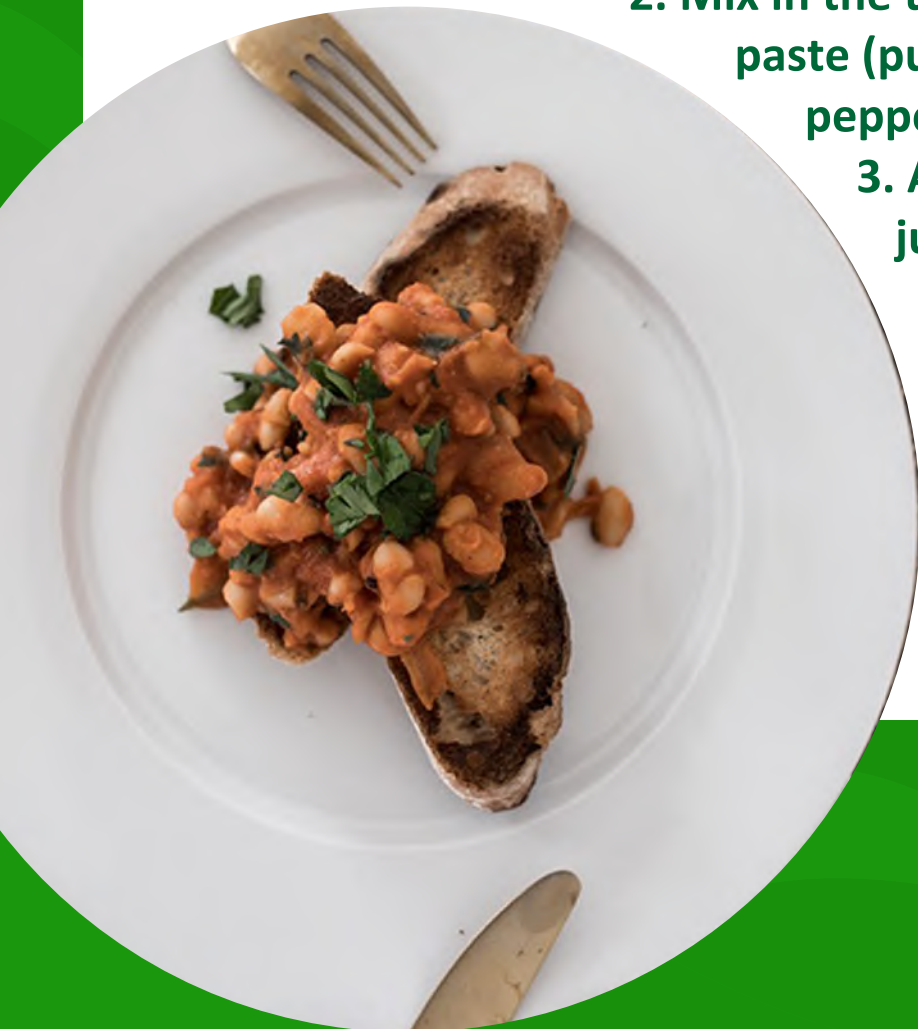
This breakfast recipe is both healthy and will fill you up. But be careful to only make as much as you need! Every year, 58% of food produced in Canada is lost or wasted.

Also, try to buy locally-sourced ingredients to avoid carbon emissions from importing foodstuffs, especially when they need to be kept refrigerated.

Baked beans on toast (serves 3)

Instructions:

1. Chop the onion and garlic into small pieces, add a little olive oil and fry over a medium flame.
2. Mix in the two spoonfuls of tomato paste (puree) and the cayenne pepper.
3. Add the beans and tomato juice and bring to the boil.
4. Finally, add the parsley, maple syrup and add pepper and salt to taste.



Southing soup recipe

These days, while we're all stuck at home because of the coronavirus, as well as learning to eat less meat, we can use soup to nourish our bodies. Check out the soup below, it's guaranteed to soothe your soul.

This delicious recipe is inspired by the Healing Miracle Broth from *Oh She Glows Everyday* cookbook by Angela Liddon. It's also a **vegan, gluten-free, nut-free, soy-free, grain-free, and freezer-friendly recipe.**

Ingredients (Makes 1 or 2 servings)

- 1 tablespoon oil
- 1 and ½ cups diced onion
- 6 medium/large cloves garlic, crushed or grated on a microplane
- 1 tablespoon grated fresh ginger
- ½ teaspoon ground turmeric
- 1 can coconut milk
- ¼ teaspoon fine sea salt, or to taste
- ⅛ teaspoon freshly ground black pepper, or to taste
- Up to ⅛ teaspoon cayenne pepper, to taste
- ½ teaspoon fresh lemon juice, or to taste

1. In a medium pot, melt the oil over low-medium heat.
2. Add the onion, garlic, and ginger and stir to combine. Sauté over medium heat, stirring frequently, for about 5 minutes, or until the onion is softened.
3. Stir in the turmeric until combined, followed by the coconut milk. Bring to a low simmer over a medium-high heat.
4. Add the salt, pepper, cayenne, and lemon juice to taste. Simmer over medium heat for 3 to 4 minutes, or longer, if needed.
5. To create a simple broth, place a fine-mesh sieve over a bowl. Carefully pour the broth into the sieve. With a spoon, press down gently on the solids to release a bit more broth. Compost the solids. Alternatively you can blend all the ingredients in a food processor for a fuller soup.
6. Pour into one or two mugs and sip away! Leftovers can be stored in an air tight container in the fridge for a couple of days or it can be frozen for 1 to 2 months. To reheat, place the broth into a small pot over medium heat, whisk to combine, and gently warm.

Chapter 4

Exercises

Gentle Stretching

While we're at home working or spending more time indoors, we can easily get shoulder or neck pain from sitting or sleeping for long periods of time. These gentle stretching exercises can help relieve discomfort and maintain muscle strength.

Gentle stretching

You only need to find five to 10 minutes every day to do some stretching with a resistance band. If you don't have a resistance band you can use a robe tie, nylons, or a towel.

Shoulder muscles:

Grab the resistance band with both hands, straighten your arms upwards, and then slowly stretch backwards, until you reach just behind your shoulders, maintain for about 15 to 30 seconds

Waist and back muscles:

Grab the resistance band with both hands, straighten your arms upwards until they are level with your shoulders. Then work out one side at a time, stretch one hand downwards until it reaches your waist, keeping the other hand level with your head, then reverse sides.



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Note

Your best source of information to protect your health and the health of others from COVID-19 remains official sources, such as Government of Canada public health education resources.

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