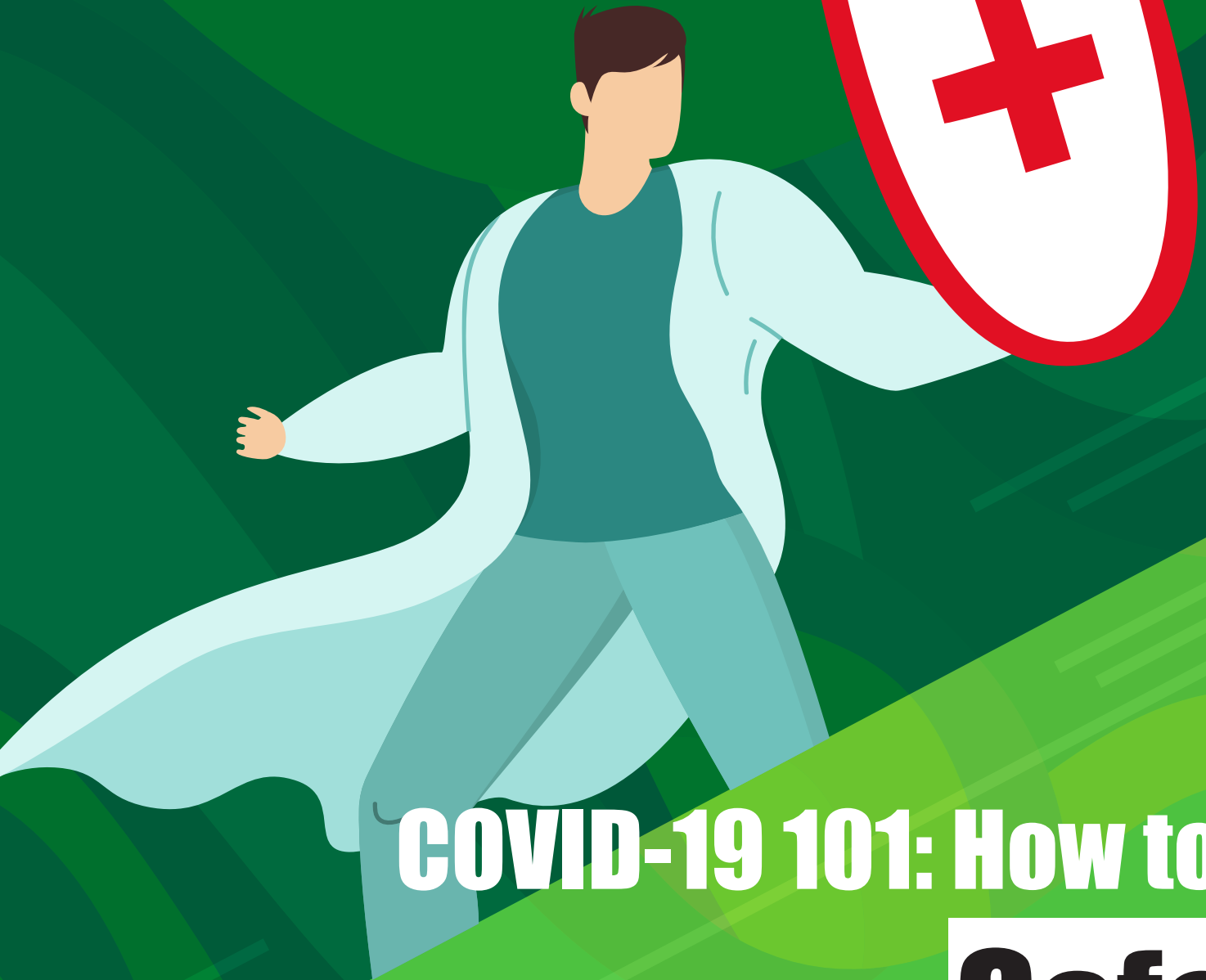


GREENPEACE



COVID-19 101: How to

stay Safe

Healthy

and Eco-friendly

Chapter 1

Home

and

outdoors

Preventing the virus from entering your home

The coronavirus epidemic 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 the disinfectants, thus lessening the negative impacts on the environment.

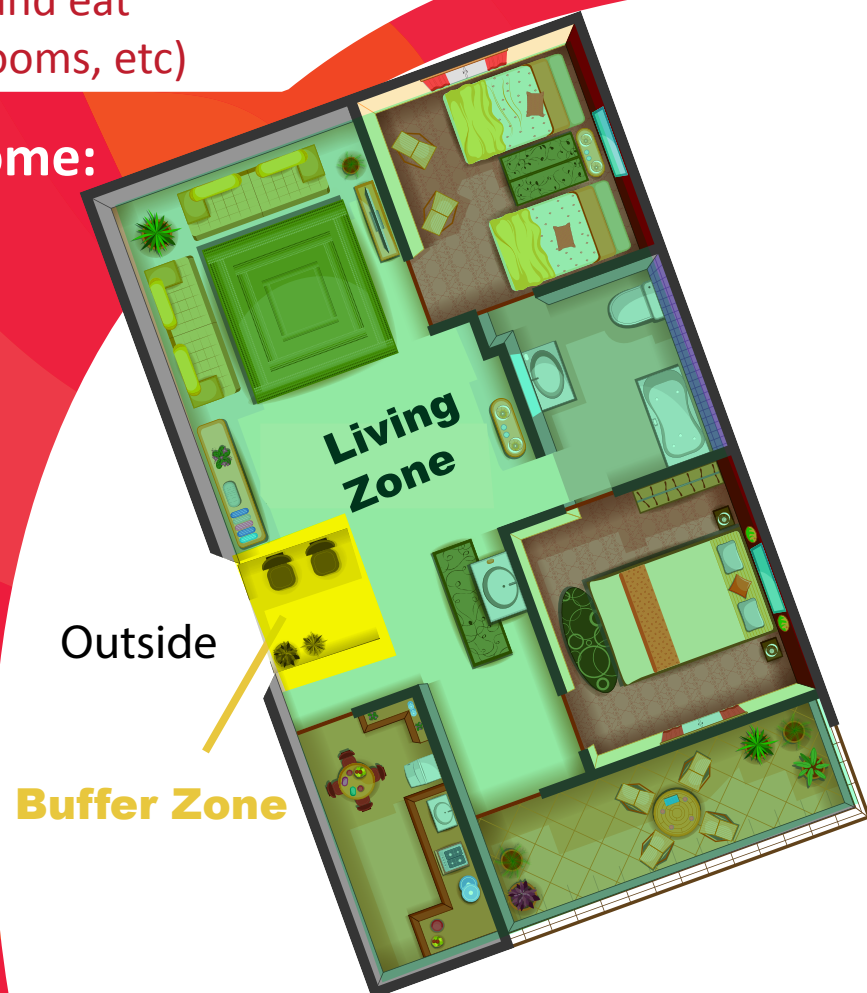
How do you divide your home into a “Buffer Zone” and a “Living Zone”?

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 (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
- Rubbish bin
- Whatever you do, don't walk around barefoot in the buffer zone, or your feet may become contaminated.

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

Since the new coronavirus epidemic continues, wearing masks has become a main protective method. A correct way to wear masks goes importantly in order to effectively prevent the spread of droplets and achieve maximum epidemic prevention effects.

Providing everyone with 4 correct steps to wear masks, 4 taboos and 4 disposal methods to protect yourself and people around you.

The correct way to put on a face mask:

1. Choose the **correct size** of surgical mask.
2. **Wash your hands** before you put on the mask.
3. The mask must **fit snugly on the face**. Press the metal strips tightly into the bridge of the nose. Put the mask over the face and ensure it covers the mouth, the nose and the chin.
4. After putting on the mask, **avoid touching its surface**. If you have no choice, wash your hands thoroughly before and after touching it.



The correct way to put on and take off masks

You have put the mask 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.
4. If any alcohol or steam gets on the mask = The mask will no longer work.



1



2

Proper disposal of masks is essential

- Place the used mask into a covered rubbish bin. If there is no covered bin nearby, you can place the mask temporarily into an envelope and then discard it later.
- Tossing the mask away on the street or in open areas is not only unethical, it also pollutes the environment and helps spread the virus.

Pets and Virus

According to the World Health Organization (WTO) and other reports, even though a few dogs 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.
- Whenever you go out with your pooch or kitty, you can 'decontaminate' by washing them in regular shower products. This will prevent them from carrying the virus back into your home.
- 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 antiviral products

Hand sanitizer

Keeping the hands disinfected is critical to stopping the epidemic. 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 the hand sanitizer.

The following instructions on how to make hand sanitizer at home as well as the correct container to store it come from the University of Hong Kong Pharmacology and Pharmacy Department, and follow WTO standards. All the ingredients you will need can be purchased from any high street 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 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 (100ml)

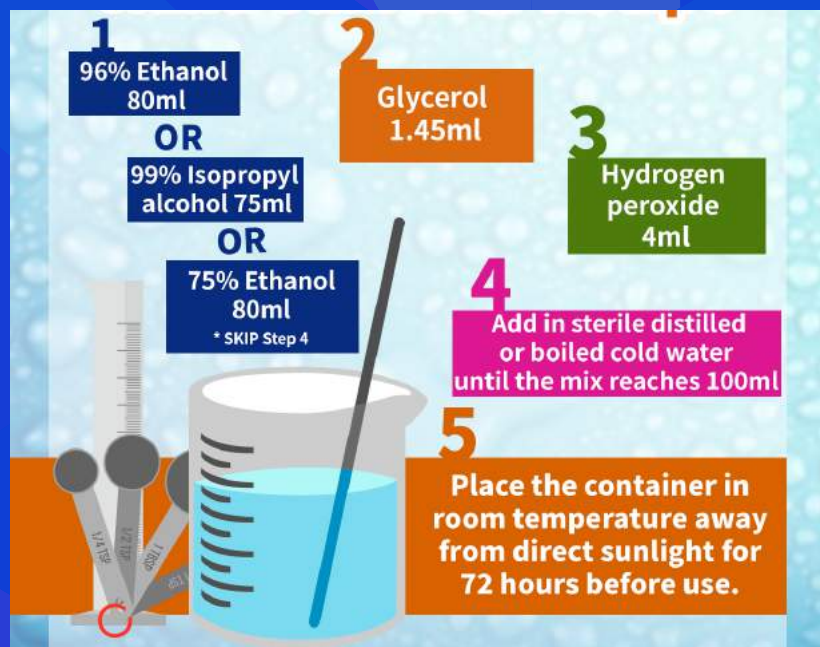
Ingredients:

- 80 ml of ethanol (96%/75%) OR 75ml of Isopropyl Alcohol (99%)
- 4ml Hydrogen Peroxide (3%)
- 4ml of glycerol
- 1.45 ml of 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)
- Stirring rod
- Clean container

How-to :



Hand sanitizer

What kind of container should you use?

- The best choice is a glass bottle, because 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. You can also use plastic No. 5 bottles, which are often used for soy milk drinks.
- 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 500ml 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

In some regions, hand sanitizers became difficult to purchase once the epidemic broke out, so many people started making their own soap to wash their hands. This is also an effective way of getting rid of bacteria and viruses, and it's both environmentally-friendly and also saves on hand sanitizer.

Most viruses have a protective membrane of protein which contains the genetic material (DNA/RNA). Once that enters the human body, we can become infected. The purpose of hand sanitizer is to break that protective membrane, while using soap to wash the hands is an effective way to flush out the viruses and bacteria, preventing them from entering the body.

Recipe for making homemade liquid soap

Ingredients:

- 400ml of water
- 50ml of natural liquid soap (available at most handmade soap stores) OR 100g homemade liquid soap granules
- 100ml of fruit peel enzyme (fruit peel enzyme is a good skin restorer)
- 16-20ml 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).

How-to:

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.

Use soap to thoroughly wash your hands. To reduce the amount of water used, first, wet your hands, then turn off the tap and then rub your hands with the liquid soap for at least 30 seconds, scrubbing the palms, backs of the hands, between your fingers, the fingertips, thumbs, and wrists and then rinse off the soap. This will effectively remove bacteria and viruses from your hands.



Using the lift safely

We can re-engineer household items into magic “goldfingers” for pressing lift 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. Creative ideas from: Facebook page Garbage Handmade – HK.

Materials:

- A used lip balm
- A cork from a bottle

Tools:

- A vegetable peeler or small knife.

How-to:

1. Clean out any remaining lip balm from the tube.
2. Whittle down the cork until it will fit snugly into the tube.
3. Push the cork into the tube.
4. If the cork’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. A report by the United Nations Intergovernmental Panel on Climate Change (IPCC) pointed out that the agricultural and animal husbandry industries make up about one-quarter of global greenhouse gas emissions, with animal products making up about 58% of all carbon dioxide emissions from the food industry.

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 a few of our tasty vegetarian recipes?

Baked beans on toast (serves 3)

Ingredients:

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



Healthy **vegetarian food**

Baked beans on toast (serves 3)

How-to:

1. Chop the onion and garlic into small pieces, add a little coconut 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, agave syrup and add pepper and salt to taste.

This breakfast recipe is both healthy and will fill you up. You can show off your culinary skills to your friends and make it for them for brunch! But be careful to only make as much as you need. Every day, Hong Kong throws away close to 3,600 tons of kitchen waste, that's a per capita waste much higher than neighbouring big cities such as Tokyo, Seoul and Taipei.

Also, try to buy locally-sourced ingredients to avoid carbon emissions from importing foodstuffs, especially when they need to be kept refrigerated. After the coronavirus epidemic broke out, a lot of people went out to stock up on grains and imported vegetables rose in price by up to 20 HKD a pound. If you need to go out and buy food, why not go to local markets such as Mapopo Community Farm or Tinyeah.



Cough remedy soup

Soothing soup recipe

These days, while we're all stuck at homes because of the coronavirus, as well as learning to eat less meat, we can use soup to nourish our bodies. Check out one of the two soups below, they are "guaranteed" to soothe your soul.

Soup 1: Papaya and snow fungus cough remedy soup

Papaya gives the soup a sweet flavour, and is also cooling and thirst-quenching, helping to soothe a cough. Papaya soup is often drunk during autumn and wintertime.

Ingredients (serves 4):

- Half a papaya
- 1 snow fungus
- 100g fresh wood ear
- 100g chestnuts
- 30g lotus seeds
- 20g of uncooked Job's Tears
- 2l of water
- Some salt



How-to:

1. Soak the snow fungus in water to soften it; peel and remove the seeds from the papaya; cut into pieces and put to one side. Wash all the other ingredients.
2. Boil the water and over a high flame, cook the lotus seeds and Job's Tears for four minutes.
3. Add the papaya, snow fungus, wood ear and chestnuts.
4. Stir over low heat for one hour; add the salt and then it's ready to eat.

Nourishing soup

Soothing soup recipe

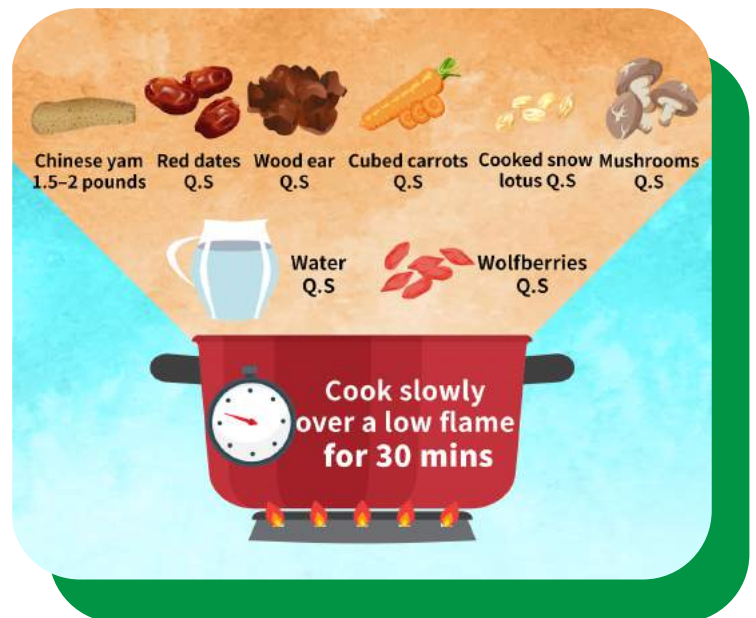
Soup 2: Chinese yam, wood ear and snow lotus nutritious soup

Chinese yam, wood ear and snow lotus soup is warming and slightly sweet. It nourishes the spleen and stomach and is most nutritious if you drink it after a meal.

Ingredients (serves 4):

- 1.5–2 pounds of Chinese yam
- Wood ear and red dates*
- Cubed carrots*
- Cooked snow lotus*
- Mushroom*
- Wolfberries*

*as much as you want



How-to:

1. Put the frozen wood ear in a pot, add water, the red dates and wolfberries.
2. Chop the Chinese yam into pieces as big or small as you want, and add to the soup pot.
3. Cook the Chinese yam over a high flame until it's soft, and then lower the flame and add the snow lotus seeds and frozen carrot cubes.
4. Cook the wood ear until it's soft and add to the soup pot. Slice and add the mushrooms, cook slowly over a low flame for 30 minutes until done.

Chapter 4

Exercises

Gentle Stretching

To combat the coronavirus, as well as making sure we are careful to disinfect whenever we go outdoors, it's very important to strengthen our body's immunity. We can kill two birds with one stone by detoxing our bodies from the inside out with exercise, while also reducing our carbon emissions!

Gentle stretching

While we're at home working or resting, we can easily get shoulder or neck pain from sitting or sleeping for long periods of time. In one survey, close to 80% of respondents said they experienced neck and shoulder discomfort or pain; more than 70 per cent said they experienced lower back and knee joint discomfort or pain.

You only need to find five to 10 minutes every day to do some stretching with a resistance band. Hong Kong Baptist University Department of Sport and Physical Education Associate Professor LOUIE, Hung Tak, Lobo was quoted by the media as saying you just need to feel a stretch in your muscles, you don't need to stretch until it hurts.

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.

Keeping active strengthens your immune system.



Weekend Getaways

After being cooped up indoors at home working or studying remotely all week, when the weekend arrives, we are all desperate to “get some fresh air”. Where exactly is best to blow off some steam?

The science journal Nature reported that going out hiking in nature for just two hours at a time is beneficial to your health. To avoid crowded spaces, Hongkongers are heading out to country paths and trails, to get some fresh air and to lift their spirits. Natalie, the founder of V'air Hong Kong has some suggestions of places that are worth going to.

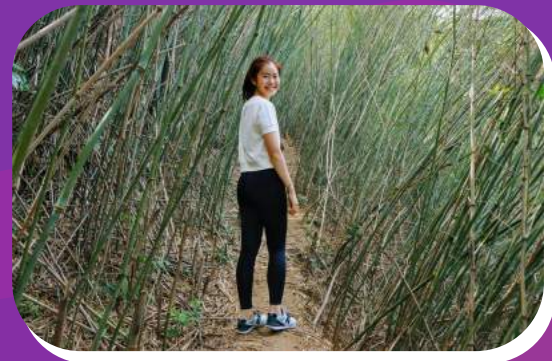
The historical choice: Victoria Peak Garden

It's a 15-minute climb from the Peak Tower to Victoria Peak Garden. It's a beautiful and secluded space with an English-style pavilion and expansive flower beds. During colonial times, it was the location of the governor's summer residence. While that building has gone, the Old Gate House remains, which retains some of the historical flavours.



The trekking choice: Yin Ngam

Yin Ngam, in the northeastern foothills of Tai Mo Shan, is an abandoned village between Yuen Tun Hua and Sze Fong Shan. It has the longest natural bamboo forest path in the whole of Hong Kong. There are diverse views along both sides of the path. It starts off with bamboo, the forest gets thicker the further you walk up, until you get to Tai Mo Shan, when the scenery becomes rocky and you may spot the occasional cow. As you descend, you will be awarded sweeping views of Tsuen Wan and Kowloon. However, this stretch of the path is quite precipitous and is only suitable for experienced hikers.



Weekend Getaways

The ecological choice: Long Valley

This wetland is an important habitat for many species of birds and dragonflies, is also used by local farmers. It's one of the most important local ecological sites.



Getting out in nature is good for the soul and can make you feel more relaxed, but it cannot cope with our trash. So whenever you go out into the countryside, ensure that you **Leave No Trace**, respect nature and reduce any impact or damage you do to the environment.

1. Plan ahead;
2. Only walk on designated footpaths and camp on marked grounds;
3. Take all your litter back with you;
4. Don't take anything from nature away with you;
5. Avoid lighting fires; if you need to, only light fires at government-designated BBQ spots or camping sites;
6. Respect and do not disturb wildlife.
7. Respect other hikers.

By **taking all your rubbish back with you** means that everyone is able to get out and safely "escape from the virus" too.

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