

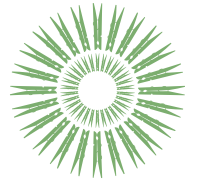


Greenscents

HEALTHY • HAPPY • HOME



A PRACTICAL GUIDE TO CORONAVIRUS



How to reduce the risks

Despite the recent roll out of vaccines, COVID-19 still controls our lives after months of lockdowns and uncertainty. It is easy to forget that personal and home hygiene play a key role in reducing the risk of coronavirus and preventing its spread.

Coronavirus will not last forever and if we take sensible precautions this pandemic will be over sooner. Recent research has shown that Covid-19 has the greatest chance of survival at temperatures of 5-15 degrees centigrade. This means that we should turn up the heat during the winter months.

Check out the new Hygge organic essential oil blend from Greenscents. It is anti-bacterial and provides anti-viral support – perfect for adding to your diffuser or nonscents laundry and household products. The fragrance is zesty and warming and combines bergamot and cinnamon oils for a fabulous winter treat. <https://greenscents.co.uk/product/hygge-organic-essential-oil-blend/>

THE BASICS

What do I need to know about coronavirus and how does it spread?

1. Covid-19 is a new virus which is similar to flu but is often more serious. Symptoms include fever, cough and a change of taste and smell. It is likely that the spread of the illness is similar to other viruses and occurs when viral particles from coughing and sneezing come into contact with the mouth, eyes or nose of other people. Covid-19 also spreads by aerosol which happens when we are talking at normal volume.
2. If you have had contact with a person with Covid-19 the incubation period is estimated to be 2-14 days.
3. At least a third of all people with Covid-19 show no symptoms which means that everyone should be considered a potential transmitter of the disease.

4. The virus lives on hard surfaces and this means Covid-19 could be lurking on tables, door handles, light switches and more. Recent reports suggest that Covid-19 can live on cardboard for up to 24 hours, plastic for 3 days and stainless steel for 48 hours.

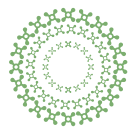
5. Coronavirus can be transmitted through human faeces so it is very important to wash your hands after visiting the bathroom.

6. Most viruses are sensitive to high temperatures and Covid-19 is likely to be similar.

What are the key things I need to do to reduce the risk of catching Covid-19?

1. Wash your hands as often as you can and especially before eating, always after going to the loo, after sneezing or coughing and after touching public surfaces such as door handles and before handling food.
2. Avoid people who are ill. If this is not possible ask any sick person to wear a medical mask to avoid contamination.





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3. Stop touching your face – especially eyes, nose and mouth. This is a difficult one and takes practice. You need to know where your hands are at all times.
4. In line with Government advice, stay away from crowds and only travel as necessary. Remember the 2m rule and keep people at a distance of at least three steps.
5. Unless you are ill, cycling or walking are good forms of exercise as long as you distance yourself from others. Use your exercise time to get outside as much as you can.
6. During the winter months, stale air can build up in our homes. When the weather is dry with low humidity open windows and refresh the air as often as you can.
7. Keep the ambient temperature in your home above 15 degrees centigrade.
8. We recommend washing laundry especially underwear, towels and bedlinen at 60 degrees centigrade or higher if possible.
9. Stay healthy! Give your immune system a boost by eating plenty of organic fruit & veg, taking as much exercise as you can and staying positive. A new paper suggests that the composition of your gut microbiome at the time of infection may impact whether you experiences long COVID or not.
10. Take a Vitamin D supplement. Recent research has shown that high levels of Vitamin D can help to reduce the risk of developing acute respiratory infection.
11. Sleep. A good night's sleep will rebuild your immune system for the day ahead.
12. Try to relax. It is difficult not to panic but we all need to keep calm to deal with this emergency. If you are self-isolating treat it as a mini break. Take up a new hobby or activity – meditation, mindfulness, yoga and pilates are ideal.

How should I wash my hands at home?

Wet your hands and cover all the surfaces of your skin with soapy suds. Then wet a nail brush and add soap. Carefully brush along the tops of your fingers and down the sides of your nails. Washing your hands should take at least 20-30 seconds and all the skin surface should be

covered in soap. Rinse your hands and then dry thoroughly with a clean towel. Follow the World Health Organisation (WHO) hand washing guide through all eleven steps: https://www.who.int/gpsc/clean_hands_protection/en/



We recommend: Greenscents All Purpose Castile Soap

<https://greenscents.co.uk/product/purpose-castile-soap/>

Ethical Superstore Natural Sisal Nail Brush £3.50

<https://www.ethicalsuperstore.com/reviews/natural-collection-select/natural-sisal-nail-brush/>

If I am out how should I wash my hands?

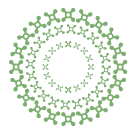
When travelling, working, shopping or visiting any public place, hand washing may become more difficult compared to being at home.

Hand sanitisers should be used regularly while travelling. Make sure you cover the entire skin surface of your hands with sanitiser and wait for the product to dry before you start using your hands again. Please remember that not all alcohol based sanitisers kill viruses.

We recommend: Odylique Natural Hand Sanitiser - Lemon and Tea Tree £7.50 Odylique Natural Hand Sanitiser - Lemon and Tea Tree £7.50 <https://www.odylique.co.uk/natural-hand-sanitiser.html>

If you are using a public toilet then follow the rules 100%. These are places where viruses can spread easily either by coughing and sneezing, through contaminated faeces on surfaces such as loo seats, door handles, sink surrounds etc. Follow the World Health Organisation (WHO) hand washing guide through all eleven steps https://www.who.int/gpsc/clean_hands_protection/en/.





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Do remember, as well as turning off the taps using a paper towel, use a tissue or paper towel to open cubicle doors. Paper towels are the best way to avoid spreading germs so use these over air dryers of any kind.

When you are out and about it is sensible to carry a multi surface spray from our Minis Collection and a small cloth for wiping loo seats, handles, door knobs etc.

We recommend: Greenscents Multi-Surface Spray

<https://greenscents.co.uk/product/multi-surface-spray/>

Greenfibres organic cotton muslin facecloth £2.60

<https://www.greenfibres.com/product/316/1807/organic-cotton-muslin-face-cloth---25-x-25cm---gots.html>

Why is a soap based cleanser better for removing viruses than an alcohol based sanitiser?

Regular hand washing with a soap based cleanser reduces the amount of all types of pathogens and chemicals on your hands including Covid-19, Cryptosporidium, norovirus and Clostridium difficile. As long as you wash your hands correctly, viruses and bacteria will be removed and rinsed away..

Using a hand sanitiser with at least 60% alcohol can inactivate many types of microbes very effectively when used correctly. You must use enough sanitiser to cover the entire surface of the skin on your hands and wait until the gel is completely dry. When hands are heavily soiled or greasy, hand sanitizers may not work well so if you have been gardening, preparing food or playing sport, soap and water is a much better option.



What about moisturiser?

Using moisturiser on your skin after hand washing does not increase the likelihood of catching Coronavirus. But increasing the number of times you wash your hands each day will make your skin dry. Using alcohol based sanitisers can also make the skin weak so this must be limited. To avoid skin irritations make sure that hands are well moisturised with an organic lotion once your hands are entirely dry.

We recommend: Odylique Repair Lotion 60 ml £13.50

<https://www.odylique.co.uk/organic-repair-lotion.html>

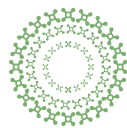
I have skin allergies which mean that frequent hand washing causes flare up's. What shall I do?

This is a difficult one. It is best to use mild, unfragranced soaps, sanitisers and moisturisers. All the products we recommend here are allergy friendly and should help to ensure that the skin on your hands remains moisturised and unbroken.

Do I need to use bleach or other toxic cleaning products to get rid of the virus?

No – absolutely not. There is no need to put your health at risk by using harmful chemicals. Just as soap and water is best for washing your hands, soap and surfactant based cleaning and laundry products are best for household tasks. Viruses and bacteria are removed by Greenscents products just as well as other toxic common brands. Follow the instructions on the labels and the advice in this guide and you will be reducing your risk of catching Coronavirus without the nasties!





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continued

✓ What can I do to make my kitchen safer?

There are plenty of ways to make the kitchen safer so that you and your family reduce the risk of Covid-19.

1. Keep surfaces clean using an organic multi-surface spray. Remember that bacteria and viruses recolonise after 20-30 minutes whether you use an anti-bacterial product or a soap based product. First, spray the surface you want to clean and wipe with a damp freshly washed cleaning cloth. Then rinse the cloth with hot water to remove the pathogens and wring out. Wipe the surface again. Afterwards make sure you dry the surface with a clean t-towel. Always wipe surfaces clean before preparing meals and snacks. .

We recommend: Greenscents Multi-Surface Spray
<https://greenscents.co.uk/product/multi-surface-spray/>

2. Wash kitchen cloths and t-towels on the highest temperature setting on your washing machine. This is exactly what the 90 degree wash is made for! Bacteria build up quickly so ideally change t-towels and cloths daily..

We recommend: Greenscents Laundry Liquid
<https://greenscents.co.uk/product/laundry-liquid/>

3. Keep soap and a nail brush handy near the sink. Make sure hand washing becomes routine for your whole household. Children should be shown how to wash their hands correctly and encouraged to become independent hand-washers.

4. Remember to clean door handles, cupboard knobs, light switches, window closures, oven & fridge handles more often. A multi-surface spray and a damp cloth is best for this task.

5. Do not share plates, cutlery, mugs or cups. Use an organic washing up liquid and hot water to clean all kitchen items or a dishwasher on a 60 degree setting or above..

We recommend: Greenscents Washing Up Liquid
<https://greenscents.co.uk/product/washing-up-liquid/>

✓ What can I do to make our bathroom safer?

Unfortunately, it is possible that Covid-19 can be spread by contaminated poo. That means that proper hand washing after using the loo is **essential** to avoid spread by hands to food and water.

1. Keep a nail brush and soap on all basins and check that they are always available. It is useful to have a moisturiser handy too..

2. Wash hands thoroughly after using the loo and make sure children are supervised..

3. Do not share towels & flannels. Ensure that all family members have separate items that are easily identified.

4. Do not share toothbrushes, water glasses or mouthwash. The virus can spread easily in saliva..

5. Clean all taps, shower heads, door & cupboard knobs, light pulls and switches..

6. Make sure all contact bathroom surfaces are cleaned and rinsed regularly especially showers.

7. If you have a cloakroom that is used by visitors, take extra care. Clean loos and basins after visits and change hand towels frequently.



✓ How can I reduce the risk of Coronavirus in bedrooms?

1. Wash bedlinen and nightwear more frequently and at 60 degrees centigrade or above.

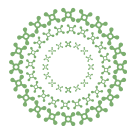
2. If possible, open windows and air bed linen thoroughly during the day.

✓ How should I deal with laundry?

1. Separate your washing into piles and generally wash at higher temperatures. Follow manufacturers instructions for fabrics that cannot be washed a high temperatures. Kitchen cloths, t-towels, kitchen hand towels and oven gloves should be washed at 90 degrees or the highest setting on your washing machine; wash towels, flannels & bedlinen at 60 degrees or higher; underwear & nightwear wash at 60 degrees or higher and any soiled clothes or fabric should be washed separately on the highest temperature setting on your washing machine.

2. If anyone in your family is ill do not shake their dirty laundry. We recommend laundering separately but always wash your hands after handling a sick person's dirty laundry..





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3. Always use an organic laundry liquid and remove any stains with organic castile soap..
4. Remove washed clothes and fabrics immediately from the washing machine. Wet washing is the ideal place for bacteria and viruses to colonise.
5. In the spring and summer months, do dry your washing outside if at all possible. The sun's ultraviolet light will kill any remaining pathogens on your washing.
6. Pet bedding & clothing should always be washed separately and at the highest temperature recommended by the manufacturer.

We recommend: Greenscents Laundry Liquid

<https://greenscents.co.uk/product/laundry-liquid/>

Greenscents All Purpose Castile Soap

<https://greenscents.co.uk/product/purpose-castile-soap/>

7. If you are handling dirty washing always wash your hands thoroughly afterwards or use gloves..

Is it important to keep any other things clean?

1. Phones, laptops and other devices should be kept clean at all times. Millions of bacteria and other microbes collect on the surface of phones and devices so it is good practice to make cleaning routine. Recent research suggests that the average person picks up their phone 58 times per day and spends 3 hours 15 minutes using it. Coronavirus can last for up to three days on hard surfaces so you should aim to clean your phone frequently – at least as often as you wash your hands..

There has been some debate about what you should clean your phone with. Manufacturers are concerned about the use of alcohol based cleaners. It is best to use a small organic cotton cloth and a small squirt of multi-surface spray on the cloth. Never spray the phone or device directly. Keep the moisture level as low as possible and wipe the screen carefully. Make sure you wash the cloth regularly with other similar items at the highest temperature setting on your washing machine.

We recommend: Greenscents Multi-Surface Spray

<https://greenscents.co.uk/product/multi-surface-spray/>

Greenfibres organic cotton muslin facecloth £2.60

<https://www.greenfibres.com/product/316/1807/organic-cotton-muslin-face-cloth---25-x-25cm---gots.html>



2. Hand bags, laptop cases and rucksacks should all be washed or cleaned regularly. Handles are particularly vulnerable so make sure that these are wiped with multi-surface spray frequently.

3. Many hard surfaces in the home such as flooring, tiles, marble and wood can be steam cleaned to reduce the risk of Coronavirus. Do remember though it is not always necessary to clean large areas. Targeted cleaning is an effective and more efficient way to reduce a build up of microbes in the home.

What should I do when travelling by car?

1. Always be prepared and travel with tissues, hand sanitiser and some mini organic multi-surface spray and castile soap. It is always sensible to carry water in a reusable bottle. If you have to stop at services make sure you follow the routine for hand washing recommended by WHO above.
2. Use the mini multi-surface spray on toilet seats or door handles and wipe off using tissues or paper towel.

We recommend: Greenscents Multi-Surface Spray

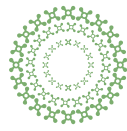
Order our Minis Collection <https://greenscents.co.uk/product/the-minis-collection/>

3. Use the mini castile soap for washing hands and faces and follow the advice from WHO above.

We recommend: Greenscents All Purpose Castile Soap

<https://greenscents.co.uk/product/purpose-castile-soap/>





A PRACTICAL GUIDE TO CORONAVIRUS *continued*



TRAVEL WITH TISSUES, HAND
SANITISER AND SOME MINI
ORGANIC MULTI-SURFACE
SPRAY AND CASTILE SOAP.

What should I do when travelling on public transport?

1. Travel with tissues, hand sanitiser and some mini organic multi-surface spray and castile soap. It is always sensible to carry water in a reusable bottle..
2. If you are concerned about the closeness of other people keep tissues ready and consider wearing a mask. If you decide to wear a mask follow the instructions issued by The World Health Organisation <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Should I wear gloves?

1. Gloves should be considered as a second skin. If you can avoid touching your face with gloves on and you are prepared to wash your gloves each time you wear them then it is possible that they might help. Otherwise it is better to continue washing or sanitising your naked hands.
2. Single use gloves can be helpful but must be used with care. Many experts believe that gloves are not an ideal form of protection and that cross contamination can occur especially when removing single use gloves.

What precautions should I take at work?

1. If your work requires you to commute to an office, warehouse or other premises other than home you should

make sure you have tissues, hand sanitiser and some mini organic multi surface spray and castile soap. It is always sensible to carry water in a reusable bottle.

2. Desk surfaces should be wiped before using with a multi surface spray..
3. Use multi surface spray on toilet seats and door handles and wipe off using tissues.
4. Bring your own mug, cutlery and lunch box into work and take them home with you.
5. Bring your own pens and try not to suck the ends!
6. If you want to wash your things at work take in a cloth, preferably organic cotton that you can launder at home. A mini bottle of washing up liquid is great too.

We recommend: Greenscents Washing Up Liquid

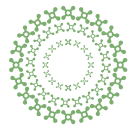
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Greenfibres organic cotton muslin facecloth £2.60

<https://www.greenfibres.com/product/316/1807/organic-cotton-muslin-face-cloth---25-x-25cm---gots.html>

I have elderly neighbours and relatives with long term health conditions. What should I do?

1. Anyone with disabilities, long term health problems or the elderly needs to take special care. It is important to prioritise safe communication - by phone or email rather than visiting.



A PRACTICAL GUIDE TO CORONAVIRUS

continued



MAKE SURE THAT ALL
THE BASIC NEEDS ARE
AVAILABLE TO THE
ELDERLY AND INFIRM.

2. Make sure that all the basic needs are available to the elderly and infirm. Leave groceries and other staples on the door step and phone for a chat later. Send photos of family and friends and stay positive and optimistic..

3. Encourage people to find on line groups with similar health issues that are sharing tips about Coronavirus.

What about my pets? Can they get coronavirus?

1. Despite a very small number of reported cases where cats and possibly a dog has contracted Covid-19, there is no evidence that domestic animals can pass the virus to humans. However, it is always a good idea to wash your hands thoroughly after spending time with your pets. This will avoid transferring any infections and keep you healthy.

2. Make sure pet vaccinations and parasite medications are up to date..

3. A separate wash for pet bedding and clothing is essential. Launder weekly at 40 degrees or higher depending on the manufacturer's recommendations.

We recommend: Greenscents Laundry Liquid
<https://greenscents.co.uk/product/laundry-liquid/>

Some of our suggestions are not the most eco-friendly e.g. high temperature washes, using tissues & paper towels but this is an unprecedented situation which requires temporary emergency measures.

This Greenscents guide is intended to offer practical advice on personal and home hygiene. If you are concerned about your health please get in touch with your GP or follow the procedures advised by the Government and NHS.

Information provided as at mid
January 2021

