

Earth Day, April 22, 2020

SUNY Downstate Health Sciences University



Reasons for Celebrating Earth Day

- To urge the green globe- Growing even more trees
- To prevent plastic usage- Almost every plastic ever generated exists in one type or one more.
- Healthy food diet regimen- avoiding convenience food that misbehaves for our health and wellness.
- Safety and security of pets- this planet comes from them likewise.
- Tidy setting- not throwing rubbish anywhere
- Most important – for the children – informing them in their understanding phase concerning planet treatment and also safety and security as well as love towards animals.

Ways to contribute to saving the earth

Minimize waste

Every year, a huge amount of waste is generated in the world. Take the plastic itself, it takes more than 450 years to dissolve things made from it. So instead you buy things in which plastic is not used.

Plant more trees

The number of trees is decreasing day by day due to the high pollution and high quantity of trees harvested. So that breathing in the coming season will become even harder. So plant more and more trees.

Do not waste water

Shed as much water as needed. Exposing too much water is a bad idea. Always make other people aware of water conservation.



Sustainable Hospital Tips

Ways for health-related professionals to save environment:

Professionals can drop off and recycle the following items to organizations that collect these disposals:

Disposal of unused, unwanted medications: Do not dispose of medicines down the drain, where they end up polluting our waters. Instead, bring expired or unwanted medications for drop-off, knowing they will be processed in an environmentally responsible way. Some organizations or districts will collect those unused medications.

Disposal of home-generated sharps: This includes needles and syringes, lances, etc. These sharps must (by state law) be in an approved sharps container. Sharps should be collected properly so that they do not hurt birds and other animals living on the earth. Donating eyeglasses: There are clubs that recycle and distributes eyeglasses all over the world to people in need. Do some research and bring your old eyeglasses and give someone else the gift of sight!

Mercury thermometer exchange: Mercury can be very toxic to water systems, and therefore it is our responsibility to keep mercury out of our local waterways. Remember to recycle these properly by reducing its presence in products and devices.



If you have a mercury thermometer, try to upgrade one that contains no mercury next time

Source: Washington Hospital Health Care

Recycling Tips

It is important to take our recycling habit into our schools; it is estimated that 80% of what is used at school can be recycled. Providing children and young adults with exposure to the importance of recycling can help to provide all of us with a greener and healthier community.

1. The majority of recyclable material at schools is paper. Every classroom, eating space and office should have plenty of bins available for recycling paper.
2. If there are any school supplies left over at year's end, you can donate them to students in need or to a local organization that helps the needy.

The last major place you can make a difference in recycling is at work.

1. Bringing your own lunch and snacks to the office, you will reduce packaging waste and also spend less on going out to eat. The average worker in the US spends \$37 per week on buying lunch. This can add up to \$2000 per year or more.
2. **Bring your own coffee to work rather than buying coffee at work in throw away cups.** Save the environment and your wallet.

References Tips

ReuseThisBag.com

Written and edited by ReusethisBag.com (RTB). RTB is one of the original U.S grown suppliers of eco-friendly wholesale reusable and recycled promotional product bags and totes available in custom sizes.

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Money Saving Tips

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