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Walking on the Sea Traces: Developing a platform to bring Ocean Literacy and Citizen Science at Home

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Contribution to the Special Issue: "Ocean Literacy across the Mediterranean Sea region"

Walking on the Sea Traces: Developing a platform to bring Ocean Literacy and Citizen Science at Home

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Q1_The water in my house.pdf

The water in my house
Please fill in the questionnaire, following the instructions given question by question. We will use these data to collect data and information about your household water consumption.
We need to have the most accurate and reliable DATA possible so we ask you to:
 READ the questionnaire before completing it so that you know which questions we are asking you to answer;
 READ your HOT and COLD water meters (or if you have only one, that's enough) at the beginning of the day before you start using water at home and WRITE them down on a sheet of paper;
3) MONITOR DURING THE DAY your water consumption for the various personal needs and for domestic activities considering both your consumption and that of the people
living with you; 4) READ the meters at the end of the day before going to bed and CALCULATE the daily consumption (e.g. end-of-day reading - beginning-of-day reading);
 TRANSFORM the consumed cubic metres into litres, taking into account that 1 cubic metre = 1000 litres.
6) At the end of the day, fill out this questionnaire, entering all the data collected, answering all the questions and specifying the day on which you took the reading.
To facilitate your daily monitoring you could use two TABLES to collect DATA in the bathroom (e.g. brushing teeth, taking a shower, washing hands, etc.) and in the kitchen (e.g. washing dishes, cooking, etc.). Then hang one in the bathroom and one in the kitchen asking the people living with you to mark with a cross each of their uses during the day.
Please note that the questionnaire is absolutely ANONYMOUS and the completion is on a VOLUNTARY basis.
If you have any doubts about the questions please read our FAQ section: www.waterwewaste.netsons.org/fag
*Campo obbligatorio

What is the day you did the consumption survey in your household? * GG MM AAAA//
Can you tell us which municipality you live in? * La tua risposta
And the province as well? * La tua risposta
Can you tell us how old you are? * La tua risposta
And what is your sex? * Female Male

Are you aware that the world's fresh water is a finite resource? *

O Yes

O No

How many people live with you regularly? (include yourself in the number) *

La tua risposta

In case you are female, can you tell us how many other females besides yourself? (exclude yourself from the number)

La tua risposta

In case you are male, can you tell us how many other males besides yourself? (exclude yourself from the number)

La tua risposta

How many times have you bathed in the bathtub? (indicate only the total NUMBER per day) *

La tua risposta

How many quick showers (max. 3-5 minutes) were taken? (only indicate the total NUMBER per day) *

La tua risposta

And how many long showers (more than 5 minutes)? (only indicate the total NUMBER per day) *

La tua risposta

How many day) *	times ha	as the toi	let been	flushed?	only inc	licate tot	al NUMBE	ER per	
	0	1-3	4-6	7-9	10-12	13-15	16-18	> 18	
With limiting device									
Without limiting device									
No, I die Yes, in	e? * now but I dn't know fact in my	can't do a that ⁄ house it	nat the fl nything at comes fro comes fro	bout it m the rair	1	water alı	nost		
O No, but How many day) *			es it make idet" use		ate only 1	the total	NUMBER	per	
How many	La tua risposta How many times have you washed your hands? (indicate only the total NUMBER								
per day) * La tua rispos	sta							1	

How many times have you brushed your teeth? (indicate only the total NUMBER per day) *

	0	1	2	3	4	5	6	7	8
Always letting the water run									
Opening the tap for short moments									

Where in your home does the water you drink come from? *

	Never	Rarely	Often	Very often	Always
Plastic bottle (purchased)	0	0	0	0	0
Тар	0	0	0	0	0
Private spring	0	0	0	0	0
Public distribution point	0	0	0	0	0
Glass bottle (purchased)	0	0	0	0	0
Public spring	0	0	0	0	0

Why do you prefer to use this type(s) of water? (Answer for each type of water you use) *

	lt tastes better	lt is cheaper	l don't trust other types of water	For convenience/comfort	It is the closest	I'm used to it	l didn't think about it	r
Plastic bottle (purchased)	0	0	0	0	0	0	0	
Тар	0	0	0	0	0	0	0	
Private spring	0	0	0	0	0	0	0	
Public distribution point	0	0	0	0	0	0	0	
Glass bottle (purchased)	0	0	0	0	0	0	0	
Public spring	0	0	0	0	0	0	0	
How many gl day) * La tua risposta		of water v	vere dr	unk? (indicate only t	he total	NUMBE	R per	
per day) *		s water u	ised fo	r cooking? (indicate	only the	e total NI	JMBER	
La tua risposta								0

How many t the total NU			ed to wasł	n fruit and	vegetable	es? (indica	te only	
La tua rispos	ta							
How many t per day) *	times has	the dishw	asher bee	en run? (in	dicate onl	y the total	NUMBER	
La tua rispos	ta							
How many t	times hav	e you was	hed dishe	s by hand	and how?	• *		
	0	1	2	3	4	5	> 5	
Letting the water run								
Turning off the tap when not needed								
								0
								_

	0	1	2	3
	0	1	Z	3
Floors only				
Windows only				
Both floors and windows				
Bathroom sanitaryware				
Kitchen furniture (sink, cooker, wall units, etc.)				
per day) *	is the washing) been done? (in	dicate only the	total NUMBER
How many times ha per day) *	is the washing	ı been done? (in	dicate only the	total NUMBER
per day) *	as the washing	ı been done? (in	dicate only the	total NUMBER
per day) * La tua risposta How many times wa				
per day) * La tua risposta How many times wa NUMBER per day) * La tua risposta	as the laundry	done by hand?	(indicate only t	he total
per day) * La tua risposta How many times wa NUMBER per day) * La tua risposta	as the laundry	done by hand?	(indicate only t	he total
per day) * La tua risposta How many times wa NUMBER per day) *	as the laundry	done by hand?	(indicate only t	he total

Do you know how to read it? *
Yes, of course. I always do it
O No, I don't know where they are
O I think so, but I've never done it
O No, I have never tried/needed to do it
O No, they won't let me do it
O No, I've never done it, but I can start now
O No, I don't care
Would you please enter your daily water consumption? If you only have one meter, subtract the morning reading from the evening reading and enter the reading by converting the cubic metres IN LITERS (e.g. 1 cubic metre = 1000 LITERS)
La tua risposta
If you have two meters, would you enter the daily consumption of COLD water? (Subtract the morning reading from the evening reading and enter the reading by converting cubic metres IN LITERS (e.g. 1 cubic metre = 1000 LITERS)
La tua risposta
And also the HOT water reading? (subtract the morning reading from the evening reading and enter the reading converting the cubic metres IN LITERS (e.g. 1 cubic metre = 1000 LITERS)
La tua risposta

	After this questionnaire, will you be more sensitive to the issue of water? *
	O Yes
	O No
	O May be
	O I don't know
	What about your consumption and use? *
	⊖ Yes
	O No
	O May be
	O I don't know
	Invia
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Q2_How much sea at your table.pdf

How much sea is at your table?
Please fill in the questionnaire in full, following the instructions given question by question. These data will help us to know your habits regarding the consumption of fish products, how much you know about the marine organisms you find in the market and the environment in which they live, and your choices regarding the purchase of these products.
We need to have the most accurate and reliable DATA possible, so we ask you to:
 READ the questionnaire before completing it so that you know which questions we are asking you to answer; COMPLETE this questionnaire by answering all the questions and specifying the day on which you did the survey.
To make this easier for you, you can ask the people who live with you to help you collect the data and information requested.
Please note that the questionnaire is absolutely ANONYMOUS and that completion is on a VOLUNTARY basis.
If you have any doubts about the questions please read our FAQs on the website: www.waterwewaste.netsons.org/fag
*Campo obbligatorio
How old are you? *
La tua risposta

Which is your sex? *	
O Female	
O Male	
When did you fill in the form? *	
GG MM AAAA	
//	
Can you tell us which municipality you live in? * Inserire il nome per intero e con la lettera maiuscola	
La tua risposta	
And the province too? * Inserisci la sigla ufficiale (es. BO, RM)	
La tua risposta	
How many people live with you normally? (include yourself in the number) *	
La tua risposta	
	1

How often you consume seafood? (i.e. fish, crustaceans or molluscs) st	
O Never	
O Once a month	
O Once a week	
O Several times a week	
O Less than once a month	
In which meal do you prefer to consume fish products? *	
O Cocktail	
O Dinner	
O Lunch	

What kind of seafood do you mostly consume and how often? *

	Never	Rarely	Enough	Often	Very often
Blue fish (i.e. mackerel, sardine, anchovy)	0	0	0	0	0
White fish (i.e. sole, Red scorpionfish, tub gurnard, hake, mullet)	0	0	0	0	0
Molluscs Cephalopods (i.e. octopus, cuttlefish, squid)	0	0	0	0	0
Molluscs Bivalvs (i.e. mussels, clams)	0	0	0	0	0
Molluscs Gastropods (i.e. snails, purple dye murex)	0	0	0	0	0
Crustaceans (i.e shrimp, Norway lobster, caramote prawn)	0	0	0	0	0

Could you tell us where you get your fish products? And also the reason for your selections? *

	More convenient and faster	Cheaper	l want to talk to the seller	I want to know the origin	More confident about the quality and traceability of fish products	It's where I usually do the shopping	l don't go there
Fishmonger	0	0	0	0	0	0	0
Supermarket	0	0	0	0	0	0	0
Recreational fishing	0	0	0	0	0	0	0
Online	0	0	0	0	0	0	0

What kind of products do you prefer to buy? *

	Never	Rarely	Often	Very often	Always	
Fresh loose	0	0	0	0	0	
Prepacked fresh	0	0	0	0	0	
Ready for consumption	0	0	0	0	0	
Prepacked frozen	0	0	0	0	0	
Processed (smoked, in oil, dried)	0	0	0	0	0	
					(0
						-

	Insignificant	Not important	Important	Very important	Fundamental
Color	0	0	0	0	0
Family custom (fish species, weekly habit)	0	0	0	0	0
Expiration date	0	0	0	0	0
Freshness	0	0	0	0	0
Environmental impact (origin and fishing gears)	0	0	0	0	0
Traceability (label)	0	0	0	0	0
Method of production (farmed or fished)	0	0	0	0	0
Easy to prepare	0	0	0	0	0
Sizing and portioning	0	0	0	0	0
Prize	0	0	0	0	0
Safety and nutritional quality	0	0	0	0	0
Seasonality	0	0	0	0	0
					4

What is the most important aspect you consider when buying fish products? *

If you buy fresh products, what are the main reasons why you do so?
They taste better
I can check quality and origin
I have doubts about the preservation processes for frozen food and derived products
They are better from a nutritional point of view
They are safer from a hygiene and health point of view



What fish products do you mainly buy? *
Seabream
Clams
Mussels
Squid
Anchovy, sardine
Spiny Lobster
Trout
Norway lobster
Salmon
Cuttle fish
Sole
Octopus
Mantis shrimp
Swordfish
Hake, cod
Mullet
Prawns
Sea bass
Eel Eel
Tuna
Pike
Monkfish
European lobster
Turbot
Razor
Oysters



 Grouper Crab Amberjack Sea urchin
Perch Tub gurnard
Are you interested in knowing which sea the seafood you buy comes from? * Yes No
If you answered yes, would you like to tell us why? La tua risposta
If you answered no, do you want to tell us why? La tua risposta
Are you interested in how it is caught/farmed? * Yes No

If you answered yes, would you like to tell us why?

La tua risposta

If you answered no, do you want to tell us why?

La tua risposta



Would you like to try to identify the usual environment/habitat in which these	Э
marine organisms live? *	

	Sandy bottom	Muddy bottom	Rocky bottom	Open sea	Coastal waters	River mouth (estuary and delta)
Seabream	0	0	0	0	0	0
Norway lobster	0	0	0	0	0	0
Caramote prawn	0	0	0	0	0	0
Sole	0	0	0	0	0	0
Mullet	0	0	0	0	0	0
Cuttlefish	0	0	0	0	0	0
Clams	0	0	0	0	0	0
Tuna	0	0	0	0	0	0
Tub gurnard	0	0	0	0	0	0
Red scorpion fish	0	0	0	0	0	0
Anchovy	0	0	0	0	0	0
Octopus	0	0	0	0	0	0
Mussels	0	0	0	0	0	0
Squid	0	0	0	0	0	0
						(

How often do you consume seafood outside the home? (e.g. sushi bars, restaurants, etc.). *
O Never
Once a week
O Several times a week
O Less than once a month
Once a month
O Several times a month
Can you tell us why you choose to eat seafood? *
I like it
Because it is a light food
Because I am used to it
I don't eat it
For the omega 3 content
Because I have no alternative
For the phosphorus and other minerals
Can you clean seafood yourself? *
Yes, of course
Yes, but not very well
No, I don't like to do it
O It depends on the species

At what time of year do you consume most seafood? (multiple choice) *						
	Never	Rarely	Often	Very often	Always	
Spring	0	0	0	0	0	
Summer	0	0	0	0	0	
Autumn	0	0	0	0	0	
Winter	0	0	0	0	0	
Compared to 10 years ago, your consumption of seafood products is* increased because it costs less increased because it is good and I like to consume it decreased because it is expensive reduced because it requires long preparation times decreased because I prefer to consume it at restaurants or at seaside resorts unchanged increased because it is good for my health						

Compared to when there was no health emergency, your consumption o	f
seafood is*	

- increased because it is cheaper
- increased because it is good and I like to consume it
- decreased because it is more expensive
- reduced because it requires long preparation times
- decreased because I prefer to consume it at restaurants or at seaside resorts
- unchanged
- increased because I have more time to cook it
- reduced because I only went to the shops closest to my home
- increased because I know it is good for my health

Do you go fishing? *

- Yes, as a hobby
- O From time to time
- No, I have never tried
- Yes, for work
- I am against it
- No, I don't like it

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E



What sex are you? *		
O Female		
O Male		
In which municipality do you live? (e.g. New York) *		
La tua risposta		
Can you tell us your postal code? (e.g. 04364) *		
La tua risposta		
And the day you fill in this form? *		
GG MM AAAA		
1 1		
How many people live in your home? (include yourself in the number) *		
La tua risposta		
	0	

During this lockdown period, did you increase or decrease your use of the following items? *

Plastic/polystyrene packaging for foodOOOOFilms that wrapp foodOOOOOFilms that wrapped around other types of items you boughtOOOOODisposable cutlery, glasses and platesOOOOOOPlastic bottlesOOOOOOOVarious bagsOOOOOOODisposable glovesOOOOOOPrinter cartridgesOOOOOODisposable masksOOOOOO		Decreased a lot	Decreased	Remained unchanged	Increased	Increased a lot
foodOOOOOFilms that wrapped around other types of items you boughtOOOODisposable cutlery, glasses and platesOOOOOPlastic bottlesOOOOOOVarious bagsOOOOOOCoffee capsulesOOOOOODisposable glovesOOOOOPrinter cartridgesOOOOO		0	0	0	0	0
around other types of items you boughtOOOODisposable cutlery, glasses and platesOOOOOPlastic bottlesOOOOOOVarious bagsOOOOOOCoffee capsulesOOOOOODisposable glovesOOOOOOPrinter cartridgesOOOOOO		0	0	0	0	0
glasses and platesOOOOPlastic bottlesOOOOVarious bagsOOOOCoffee capsulesOOOODisposable glovesOOOOPrinter cartridgesOOOO	around other types of items you	0	0	0	0	0
Various bagsOOOOCoffee capsulesOOOODisposable glovesOOOOPrinter cartridgesOOOO		0	0	0	0	0
Coffee capsules O O O O Disposable gloves O O O O Printer cartridges O O O O	Plastic bottles	0	0	0	0	0
Disposable gloves O O O O O O O O O O O O O O O O O O O	Various bags	0	0	0	0	0
Printer cartridges	Coffee capsules	0	0	0	0	0
	Disposable gloves	0	0	0	0	0
Disposable masks	Printer cartridges	0	0	0	0	0
	Disposable masks	0	0	0	0	0

How and where you disposed of this material once used? *

	I throw them in the undifferentiated trash	I throw them directly into the plastic	l get rid of them as soon as possible	l put them in the first trash can l find	l reuse them several times	l wash them
Plastic/polystyrene packaging for food	0	0	0	0	0	0
Films that wrap food	0	0	0	0	0	0
Films that wrapped around other types of items you bought	0	0	0	0	0	0
Disposable cutlery, glasses and plates	0	0	0	0	0	0
Plastic bottles	0	0	0	0	0	0
Various bags	0	0	0	0	0	0
Coffee capsules	0	0	0	0	0	0
Disposable gloves	0	0	0	0	0	0
Printer cartridges	0	0	0	0	0	0
Disposable masks	0	0	0	0	0	0

Please estimate, during 3 days, the quantity of these items that you threw away.

	None	Less than 5	5-10	10-20	20-30	More than 30
Plastic/polystyrene packaging for food	0	0	0	0	0	0
Films that wrap food	0	0	0	0	0	0
Films that wrapped around other types of items you bought	0	0	0	0	0	0
Disposable cutlery, glasses and plates	0	0	0	0	0	0
Plastic bottles	0	0	0	0	0	0
Various bags	0	0	0	0	0	0
Coffee capsules	0	0	0	0	0	0
Disposable gloves	0	0	0	0	0	0
Printer cartridges	0	0	0	0	0	0
Disposable masks	0	0	0	0	0	0

*

In your opinion, in this lockdown period for the Coronavirus health emergency, the contribution of plastic to the environment is... *

- O Increased
- O It has not changed
- O It has changed by type of plastic
- O It will increase in the coming months
- O I have no idea
- O Decreased

What do you think is happening in the sea? *

- O Nothing has changed
- Less plastic is entering
- O The type of plastic that is entering has changed
- Plastic waste will increase in the coming months
- I have no idea
- O More plastic is coming

•

I

Did you wear the mask? Hi! In this unique period, in which we are all forced to use daily personal protective equipment (PPE) largely made of plastic materials, we would like to know if and how many
you used, what types, and how you disposed of them once used. We therefore ask you to: 1) COUNT how many pairs of DISPOSABLE GLOVES you use during 3 consecutive DAYS of
 your choice, identifying the material they are made of; 2) COUNT how many MASKS you use during 3 consecutive DAYS of your choice, identifying the material they are made of; 3) COMPLETE the following questionnaire; 4) PHOTOGRAPH, if you want, the gloves and masks that you find around and that you believe are not disposed of correctly; 5) SEND the photos (max 5) to this e-mail address: sosplasticainmare@gmail.com, indicating the date and location where they were found.
This data collection is absolutely anonymous and carried out on a voluntary basis. Thanks for your help! For more information go to the website: <u>https://sites.google.com/view/camminandosulletraccedelmare/home/english</u> or to the FAQ section: <u>https://sites.google.com/view/camminandosulletraccedelmare/faq/english</u>
*Required field *Campo obbligatorio
How old are you? *
La tua risposta

What sex are you? *	
O Female	
O Male	
In which municipality do you live? (e.g. New York) *	
La tua risposta	
What is your post code? (e.g. 04364) *	
La tua risposta	
Can you indicate the date of compilation of the questionnaire? *	
GG MM AAAA	
How many people live in your home? (include yourself in the number)	*
La tua risposta	
	1

How many pairs of disposable gloves you use in 3 days and tell us what type are they? (check the type of material they are made of on the packaging) *

	0	1	2	3	4	5	more than 5
PVC gloves (vinyl)	0	0	0	0	0	0	0
Nitrile gloves	0	0	0	0	0	0	0
Latex gloves	0	0	0	0	0	0	0
Polyethylene gloves (like those in supermarkets, but NOT biodegradable)	0	0	0	0	0	0	0
Mater-Bi gloves (like those in supermarkets, but of biodegradable material)	0	0	0	0	0	0	0

H

Disposable surgical mask certified as a medical device Non-certified "community" mask, in washable fabric Self-made mask Certified mask as Individual Protection Device with valve			2	з О	4 〇	5	more than 5
surgical mask certified as a medical device Non-certified "community" mask, in washable fabric Self-made mask Certified mask as Individual Protection Device with valve) (0			0	0	0
"community" mask, in washable fabric Self-made mask Certified mask as Individual Protection Device with valve "Mason" mask or for accident		0	0	0	0	0	0
mask Certified mask as Individual Protection Device with valve "Mason" mask or for accident		$\overline{)}$					
mask as Individual Protection Device with valve "Mason" mask or for accident			0	0	0	0	0
mask or for accident	\supset (С	0	0	0	0	0
) (С	0	0	0	0	0
I haven't found indications or acronyms of recognition) (С	0	0	0	0	0
Certified mask as Individual Protection Device without valve) (С	0	0	0	0	0
							(

How many masks you used over 3 days and tell us what type are they? (check the identification mark on the mask or on the packaging) *

E

Can you tell us what these acronyms mean? *

	Medical device	Polypropylene	lt's a measure of filtering power	Polyethylene terephthalate		Individual Protection Device	Styrofoan or Polystyren
PS	0	0	0	0	0	0	0
DPI	0	0	0	0	0	0	0
PP	0	0	0	0	0	0	0
PET	0	0	0	0	0	0	0
FFP1, FPP2, etc	0	0	0	0	0	0	0
PVC	0	0	0	0	0	0	0
DM	0	0	0	0	0	0	0

H

Where did you dispose of gloves and masks once used? *

	Don't agree at all	Partly agree	Agree	Very agree	Absolutely agree
I put them in the first trash can I find, as soon as I finish using them	0	0	0	0	0
I take them home and throw them in the undifferentiated garbage	0	0	0	0	0
I take them home and throw them in the undifferentiated garbage, wrapped in a plastic bag	0	0	0	0	0
I dispose of them, depends on their nature, in recycling bins	0	0	0	0	0
l get rid of them as soon as possible, anywhere	0	0	0	0	0
l wash and reuse them several times	0	0	0	0	0

H

During the lockdown period, we were informed of the possibility that the Coronavirus remains active on various surfaces for longer or shorter times. Can you tell us if and how this news changed your habits? *

	Don't agree at all	Partly agree	Agree	Very agree	Absolutely agree	
Whenever possible, I disinfect all items I buy with alcohol or other disinfectants	0	0	0	0	0	
Whenever possible, I remove the packaging or the outer wrapping of all the objects I buy before putting them on the shelves/wardrobe /fridge/pantry	0	0	0	0	0	
l don't do anything	0	0	0	0	0	
I leave my shoes outside of the house	0	0	0	0	0	
I wash my clothes every time after having left the house	0	0	0	0	0	
I wait a few days before touching the items I buy	0	0	0	0	0	
I leave the items I buy outdoors for a while before bringing them inside the house	0	0	0	0	0	
l don't order takeaway food	0	0	0	0	0	1

Nothing has changed in my habits	0	0	0	0	0	
						1

The massive use of pre-packed food in plastic, in this emergency period, proved to be... $\ensuremath{^{\ast}}$

	Don't agree at all	Partly agree	Agree	Very agree	Absolutely agree	
Useful to give better hygiene to products	0	0	0	0	0	
Useless and in addition it increases the dispersion of plastic in the environment	0	0	0	0	0	
Useful as an aesthetic and for generating slogans	0	0	0	0	0	
Indispensable to contain the spread of the infection	0	0	0	0	0	
Useful, but it increases the dispersion of plastic in the environment	0	0	0	0	0	
Useless because food doesn't transmit the virus	0	0	0	0	0	
Indispensable to avoid the perishable nature of the food	0	0	0	0	0	
						1

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Do you work in the medical/health sector? *
O Yes
O No
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