

HOW TO MAKE

YOUR OWN HAND SANITIZER AT HOME

The most effective way to stop the transmission of disease, according to Centers for Disease Control and Prevention is to wash your hands very thoroughly with soap & water.

For those who prefer to use hand sanitizers and cannot find them in stores or want to save money, experts say you can make your own at home.

Dr Stephen Morse who is a professor of epidemiology at Columbia University says that DIY sanitizers are "about as effective as using soap and water" when made correctly.

STEP 1

INGREDIENTS

- 2/3 cup of rubbing alcohol (99% isopropyl alcohol)
- 1/3 cup aloe vera gel
- Few drops of essential oil (optional)



TIP 1

ALCOHOL CONTENT

- Hand sanitizers need to have at least 60% alcohol content
- Since you are mixing alcohol with aloe vera, you have to use at least two-thirds, 99% isopropyl alcohol and one-third gel.
- Please don't use any other types of alcohol (e.g. methanol, butanol), as they are toxic

TIP 3

ESSENTIAL OILS

- Tea tree, lemongrass and eucalyptus oils are naturally antibacterial, making them great for homemade sanitizers.



TIP 5

CAUTION

- Supervise young children when they use hand sanitizers to prevent swallowing. The alcohol in it is poisonous.
- Hand sanitizers do not kill ALL types of germs, such as a stomach bug called norovirus or remove harmful chemicals. Use water and soap which does a better job.

STEP 2

MIX INGREDIENTS

Stir together the ingredients into bowl. Pour the mixed content into a clean bottle or fluid dispenser.



TIP 2

CLEANING

- For the sanitizer to be effective, make sure you rub it into your hands thoroughly & then let it dry.
- Make sure your hands are not greased or dirty otherwise the sanitizer won't work

TIP 4

SUBSTITUTION

- Key ingredient in the sanitizer is alcohol. The gel can be substituted.
- Aloe vera is a humectant (locks in moisture) and protects the skin from drying.
- Another substitute for aloe vera is glycerin or hand lotion.

