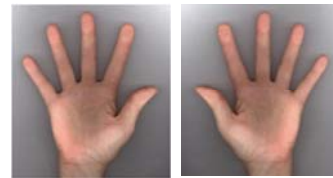


# Hand Sanitizer – External Use Only

If sanitizer is unavailable for purchase, you can make your own. During an epidemic or pandemic, receiving a bottle of homemade sanitizer is often a very welcome gift. Be sure to mark it as “Hand Sanitizer with at least 60% alcohol. External use only.”

## Ingredients

- 1 cup 99% isopropyl alcohol (or 190 proof grain liquor, that is 95% alcohol—although you may smell like an imbiber)
- ½ cup plain aloe vera gel



## Preparation

Combine ingredients in a clean bowl and mix until smooth. A small whisk can work or a spoon or spatula. Using a funnel, pour mixture into a clean sanitizer bottle or clean bottle container with a tight lid and pump dispenser. In a regular jar the alcohol will tend to evaporate from the sanitizer, and you want to keep it at 60%. Store out of direct sunlight and use within a month.

## Use

Using a dime-sized amount of sanitizer, rub your hands together for a minimum of 20 seconds, including between your fingers, on the back of your hands, and under your fingernails. If your watch does not have a second hand or second counter, sing or hum one of these songs at a moderate rate: *Twinkle, Twinkle Little Star*, or the *Alphabet Song*, or *Happy Birthday to You*, ending with “and many mor-r-r-e!”

Make sure the sanitizer is completely dry. Avoid wiping or rinsing your hands for 15-20 minutes after using it.

Remember: Sanitizer is to be used as a supplement to handwashing when that cannot be done. Alcohol is somewhat drying, so it’s a good idea to have some hand lotion to use an hour later or so.

Because people can develop sensitivity to added essential oils or to fragrances, you might want to just stick with just alcohol and gel.