

HOW TO MAKE HAND SANITIZER

One set of home 'how to' instructions was shared by Jagdish Khubchandani, PhD, professor of public health at New Mexico State University. Always make sure to store isopropyl alcohol in a safe place, so that children and pets cannot access it.

You will need:

- **2 parts isopropyl alcohol or ethanol (90–99% alcohol)**
NOTE: Make sure the alcohol used for the hand sanitizer is not diluted.
- **1 part aloe vera gel**
- **A few drops of your favorite essential oil** (not necessary for germ-killing power, but it will make it smell nice)

Safety Tips:

- Make the hand sanitizer in a clean and well-ventilated space. Wipe down countertops with a cleaner, such as a diluted bleach solution, beforehand.
- Wash your hands thoroughly before making the hand sanitizer. It will do you no good to get bacteria or viruses in something you plan to clean your hands with later.

Instructions

- Mix using a clean spoon or whisk. (Wash these items thoroughly before using them.)
- Mix all the ingredients in a bowl until they are well blended. Put in pump containers.
- Do not touch the mixture with your hands until it is ready for use.

Disclaimer: Information is for educational purposes only. The AACIHC does not endorse home made hand sanitizer. Keep all chemicals, including isopropyl alcohol and hand sanitizer, away from teenagers and children. Do not ingest any component of hand sanitizer.



HAND SANITIZER SAFETY

Purchase hand sanitizer from reliable suppliers, and know the ingredients of what you are purchasing.



- **DO** use hand sanitizer containing ethanol or isopropanol for hand hygiene.
- Check FDA's list of hand sanitizers not to use.
- www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-consumers-should-not-use
- **DO** supervise children and keep hand sanitizer out of their reach.
- **DO** understand that Alcohol-Based Hand Sanitizers are considered Class 1 flammable liquids and **are flammable**
- **DO** store in a cool, dry area
- **DO** store away from a possible ignition source or heat source
- **DO** keep track of the expiration date (typically 2-3 years after purchase if properly stored)



- Do **NOT** use hand sanitizer containing methanol, 1-propanol, benzene, acetaldehyde, or acetal.
- Between May and June of 2022 there were 15 reported cases across Arizona and New Mexico of methanol poisonings. Methanol poisoning can cause blindness and be fatal.
- Do **NOT** swallow any hand sanitizer or its ingredients. (If swallowed contact poison control at **1-800-222-1222**).
- Do **NOT** store near heat sources or in hot, unventilated spaces (like a car)

Sources:

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932e1.htm> and
<https://www.nfpa.org/freeaccess>