

HANDWASHING

101

Step 1 -

Wet your hands with water before applying soap.

Step 2 -

Rub soap all over your palms, the backs of your hands, in between your fingers, and under your fingernails. Also make sure to get beneath any jewelry, such as wedding rings.

Step 3 -

Do this process for at least 20 seconds before rinsing. (Water does not need to be running while you scrub with soap.) Sing the alphabet or happy birthday to ensure 20 seconds have passed.

Step 4 -

Dry your hands with a clean towel or paper towel. Pat your hands dry gently to avoid drying your skin out. (It's a pandemic and we do not need cuts on our hands from dry and cracked skin.)



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Washing your hands without access to running water -

- **The best way to disinfect your hands without access to running water is to use an alcohol-based hand sanitizer with at least 60% alcohol per the CDC. Cover your hands completely with sanitizer. Next, rub your hands together until they feel dry (this should take around 20 seconds). Do NOT wipe the sanitizer off. It must air dry on your skin to be effective.**
- **During supply shortages, if you do not have access to hand sanitizer, you can make your own using isopropyl alcohol (90% concentration or higher) and aloe vera gel.**
- **To make your own hand sanitizer stick to a 2:1 proportion of isopropyl alcohol to aloe vera gel. This keeps the alcohol content around 60%, which is the minimum amount needed to kill most germs.**



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.

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.

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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>