

NEWS RELEASE
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How to Make and Use Your Own Hand Sanitizer at Home

ELECTRA, TX — These days, everyone is rightfully concerned about COVID-19 and the spread of the virus. Keeping your hands clean and sanitized is, at the least, an expected courtesy and, at the most, a necessity.

As many homeowners have scrambled to stock up on hand sanitizer to help protect against the virus, many may have found commercial hand sanitizers difficult to find. In response to this, some began making their own hand sanitizers at home. While washing your hands with soap and water for a minimum of 20 seconds is the best defense against the spread of viruses like COVID-19, using hand sanitizer with at least 60 percent alcohol content is the next best choice.

Electra Hospital District wants to make sure you are following a safe recipe, if you plan on making your own sanitizer at home. According to the CDC, a sanitizer mix must be at least 60 percent alcohol to be effective, but a minimum of 75 percent is preferred.

Making your own batch of hand sanitizer

The homemade sanitizer recipe below is recommended by the World Health Organization and EHD, and will be effective, but you must be careful to properly sanitize the tools and containers you use to avoid contamination of the end product. Also, a bottle of 99 percent isopropyl alcohol is the best choice to make the hand sanitizer. Alcohols intended for consumption such as whiskey or vodka are not strong enough to kill viruses.

Here are the instructions on to make your own hand sanitizer:

- Mix 12 fluid ounces of alcohol with 2 teaspoons of glycerol—Jugs of glycerol can be purchased online and are used to keep skin from drying out. If glycerol is unavailable, continue following the recipe and use a moisturizer after sanitizing to reduce dryness.

- Add 1 tablespoon of hydrogen peroxide to the alcohol mix followed by 3 fluid ounces of distilled or boiled and cooled water.
- The mixture should also be allowed to sit for a minimum of 72 hours to make sure the sanitizer kills any bacteria that could have been introduced during mixing.

Because this above solution is liquid, use spray bottles. If desired, add essential oils for scent.

How to use hand sanitizer properly

You may think using hand sanitizer is straight forward, but know that using a sanitizer in lieu of hand washing comes with its own set of rules and risks. According to the CDC, alcohol-based hand sanitizers have the ability to quickly reduce the number of microbes on hands, but they do not eliminate every type of germ that may be present. Therefore, hand washing should be your first choice, if possible.

Here is some useful information about using hand sanitizer:

- Hand sanitizer may not be as effective if your hands are greasy or heavily soiled. Again, hand washing for at least 20 seconds with soap and clean water works better.
- Hand sanitizer will not remove harmful or harsh chemicals on your skin.
- When using hand sanitizer, read the label to determine how much product to put into the palm of one hand. Be sure to rub the product all over the surfaces of your hands until your hands are dry.
- Keep hand sanitizer away from small children. If swallowed, hand sanitizer can be poisonous. Every year, the U.S. poison control centers receive nearly 85,000 calls about hand sanitizer exposures among children.
- Always monitor the use of sanitizer. Put a dime-sized amount on dry hands and have children rub their hands together until completely dry. Make sure they don't lick their hands after applying the sanitizer.
- To ensure they will use it safely in school or in public places, teach kids the right way to use sanitizer at home.
- The FDA recommends hand sanitizers NOT be used on infants less than a year old.

When it comes to killing germs, hand sanitizer is a safe bet when hand washing is not available. And in today's world, it can be hard to get your hands on that product in store. Electra Hospital District understands the need for quick sanitation on the go and appreciates your effort in fighting the spread of COVID-19, so we hope the instructions and tips above will help you to safely and smartly create your own sanitizer at home!

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