

# COVID-19 PREVENTATIVE MEASURES

## HOMEMADE HAND SANITIZER

In the absence of the availability of commercial hand sanitizers, the World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response. These ingredients can typically be found at drugstores and some supermarkets.

### WHAT YOU NEED

- Small spray bottle
- 1 teaspoon of 3% hydrogen peroxide
- 1 tablespoon of 98% glycerin
- Isopropyl alcohol and sterile distilled or boiled cold water in **ONE** of the following combinations:
  - 1 cup + 2 tablespoons of 99% isopropyl alcohol **PLUS** 1/4 cup + 1 teaspoon water
  - 1 cup + 3 tablespoons of 91% isopropyl alcohol **PLUS** 2 tablespoons + 2 and 1/2 teaspoons water

### USING HAND SANITIZER

To use, spray on all surfaces of your hands and rub them together until they feel dry.



### WHAT TO DO

- 1** Pour alcohol into a medium container, ideally with a pouring spout
- 2** Add hydrogen peroxide, then glycerin and stir
- 3** Measure and add water
- 4** Sanitize spray bottles by adding in a small amount of leftover alcohol, swirling around and allowing to air dry
- 5** Fill bottle with solution and label clearly with contents.

These small quantity recipes are derived from WHO's Guide to Local Production: WHO-recommended Handrub Formulations

For more info, visit: [www.cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)

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