

Hand Sanitizer Recipe

(Adapted from:

<https://www.news9.com/story/41848826/cant-get-your-hands-on-hand-sanitizer-make-your-own>)



Hand sanitizer is flying off store shelves in the U.S. as individuals and businesses stock up on supplies to protect them against coronavirus infection.

Public health experts advise that cleaning your hands with either soap and water, or an alcohol-based solution, is one of the best ways to avoid infection. As a result, consumer demand for hand sanitizers has soared and store shelves are empty or, if available, prohibitively priced.

The alternative? Make your own.

"Homemade hand sanitizers are just as effective as what you buy as long as you used the right percentage of alcohol," CBS News contributor Dr. David Agus told CBS MoneyWatch. "This is a good way to get around people price-gouging for Purell." Do-it-yourself sanitizers must contain at least 60% alcohol, by volume, to work, Dr. Agus said. Isopropyl alcohol (better known as rubbing alcohol) or ethanol are both suitable.

"If you make it well, it's about as effective as using soap and water," said Dr. Stephen Morse, a professor of epidemiology at Columbia University in New York. "We know it works – just make sure it has enough alcohol in it."

Adding aloe vera also makes it easier to apply to the skin and it adds thickness. Stirring in a few drops of an essential oil, such as lavender, will give the mixture a pleasing fragrance and helps it avoid smelling like rubbing alcohol around the home or office.

Recipe:

- 2/3 cup of rubbing alcohol

- 1/3 cup aloe vera gel (available at the Co-op)

- 5-10 drops of essential oil (optional)

- Mixing bowl

- Spoon

- Funnel

- Two-ounce spray bottle or liquid soap container

- Masking tape and pen or marker for labeling the container (or adhesive labels)

Directions:

Pour the alcohol and aloe vera in a bowl and stir until blended. Add several drops of essential oil and stir to help mask the smell of alcohol. Use the funnel to pour eight ounces of the mixture into containers, then affix the strips of marked masking tape (or adhesive labels) to your containers to identify the bottles' contents.

Hand sanitizer doesn't kill all viruses, but it is effective against the coronavirus, Dr. Agus explained. The virus is protected by a shell, called an "envelope glycoprotein," which the alcohol scrambles. "When you take away the protective part of the virus, it dies pretty quickly," he said.