

# Let's Make Hand Sanitizer: A Comprehensive Guide with Barbara Lehman



## Let's Make Hand Sanitizer by Barbara Lehman

★★★★☆ 4.4 out of 5

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In the wake of the COVID-19 pandemic, hand sanitizer has become an essential item for maintaining good hygiene and preventing the spread of germs. With the increasing demand and potential shortages, it's important to know how to make your own hand sanitizer at home. Join Barbara Lehman, a renowned expert in microbiology and infection control, as she guides you through the process.

### Ingredients and Materials:

- 70% isopropyl alcohol (rubbing alcohol)
- 3% hydrogen peroxide
- Glycerin
- Aloe vera gel (optional)
- Essential oils (optional, for scent)

- Mixing bowl
- Measuring cups and spoons
- Funnel
- Empty bottles or containers

### **Step-by-Step Instructions:**

1. **Gather your materials.** Make sure you have all the necessary ingredients and materials before you begin.
2. **Measure the ingredients.** Use the measuring cups and spoons to accurately measure the ingredients according to the following proportions:
  - 2 parts isopropyl alcohol
  - 1 part hydrogen peroxide
  - 1/2 part glycerin
  - 1/4 part aloe vera gel (optional)
  - A few drops of essential oils (optional, for scent)
3. **Mix the ingredients.** Pour the measured ingredients into the mixing bowl and stir thoroughly until they are well combined. The mixture should be clear and slightly viscous.
4. **Transfer the mixture to bottles.** Use a funnel to carefully pour the mixture into empty bottles or containers. Fill the bottles to the desired level, leaving some space at the top for the pump or lid.

5. **Label the bottles.** Clearly label the bottles with the contents, date of preparation, and any necessary precautions. This will help prevent accidental ingestion or misuse.

### **Safety Precautions:**

\* Always wear gloves when handling the ingredients, especially isopropyl alcohol and hydrogen peroxide. \* Avoid contact with eyes or skin. In case of contact, rinse thoroughly with water. \* Keep the hand sanitizer out of reach of children and pets. \* Store the hand sanitizer in a cool, dark place away from heat and sunlight.

### **Additional Tips:**

\* If you don't have glycerin, you can use a small amount of aloe vera gel as a substitute. \* Essential oils can be added for a pleasant scent, but they are not necessary for the effectiveness of the hand sanitizer. \* The hand sanitizer should be applied to clean, dry hands. Use enough to cover all surfaces of the hands and rub vigorously for at least 20 seconds. \* Allow the hand sanitizer to air dry completely before handling food or touching surfaces.

By following these instructions and safety precautions, you can create a safe and effective hand sanitizer at home. Remember to wash your hands frequently with soap and water when possible, and use hand sanitizer when soap and water are not available.

### **About Barbara Lehman**

Barbara Lehman is a renowned expert in microbiology and infection control. With over 20 years of experience in the healthcare industry, she has dedicated her career to promoting health and preventing the spread of

infectious diseases. As a certified infection preventionist (CIP), she has played a vital role in developing and implementing infection control protocols in hospitals and healthcare facilities.

Barbara's expertise extends to public health education, where she has authored numerous articles and presented workshops on infection prevention and control. She is passionate about sharing knowledge and empowering individuals to take control of their health and well-being.

In the wake of the COVID-19 pandemic, Barbara has been at the forefront of providing evidence-based information on hand hygiene and infection control. Her expertise has helped countless individuals and organizations navigate the challenges of this global health crisis.

Making your own hand sanitizer at home can be a convenient and cost-effective way to maintain good hygiene and prevent the spread of germs. By following the instructions and safety precautions outlined in this article, you can create a safe and effective hand sanitizer that meets your needs. Remember to use hand sanitizer regularly and in conjunction with proper handwashing techniques to protect yourself and others from infectious diseases.



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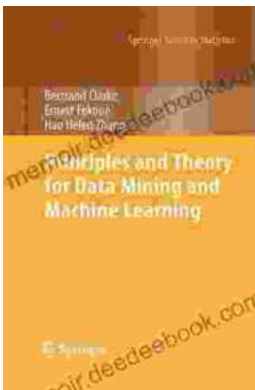
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