

## **If you do not have soap use hand sanitiser**

### **How to make hand sanitiser**

#### **Equipment**

- 210ml 99% rubbing alcohol (isopropyl alcohol) or 190-proof grain alcohol
- 90ml pure aloe vera gel (preferably without additives)
- 8 to 10 drops essential oil, such as lavender, clove, cinnamon, or peppermint
- Mixing bowl
- Spoon
- Funnel
- Plastic container

#### **Expert tips**

Before you make hand sanitiser, clean your work surface thoroughly, and make sure your hands and tools are clean as well.

Your hand sanitiser must be 70% alcohol to kill coronavirus.

Alcohol can damage your skin, and the aloe vera will protect it by providing moisture.

#### **Steps to make hand sanitiser**

1. Mix the alcohol and aloe vera gel in the bowl. Pour the ingredients into the bowl and use the spoon to mix them together well. The mixture should be completely smooth.
2. Add the essential oil. Add it one drop at a time, stirring as you go. After about 8 drops, smell the mixture to see whether you like the scent. If it seems strong enough, stop there. If you like a stronger scent, add a few more drops. Lavender, clove, cinnamon and peppermint essential oils have the added benefit of providing additional antiseptic properties to the mixture.
3. Funnel the mixture into the container. Place the funnel over the mouth of the container and pour the hand sanitizer in. Fill it up, then screw on the lid until you are ready to use it.

A small squirt bottle works well if you want to carry the sanitizer with you throughout the day.

If you make too much for the bottle, save the leftover sanitizer in a jar with a tightly-fitted lid.

**Soap and water is more effective.**

**Hand sanitiser must be 70% alcohol to kill coronavirus.**