

# How to make your own hand sanitizer at home following WHO guidelines

Proper hand washing is one of the most effective ways to protect yourself from disease-causing bacteria and viruses. When soap and clean water are not available, hand sanitizer is a convenient alternative. Instead of buying ready-made hand sanitizer, you can make your own hand sanitizer at home with a simple, safe and WHO-approved recipe.

Keeping your hands clean is an important measure to protect your health, especially during complicated epidemics.

## I. Make hand sanitizer according to WHO instructions

### *1. Prepare ingredients and tools*

#### **Ingredients to prepare:**

- **96 degree medical alcohol (8333ml):** Main ingredient for effective disinfection.
- **3% hydrogen peroxide (4167ml):** Helps kill bacterial spores in the solution.
- **Glycerin 98% (145ml):** Helps moisturize and prevent dry skin when used.
- **Distilled water or boiled water left to cool:** Dilute the mixture to a safe concentration.

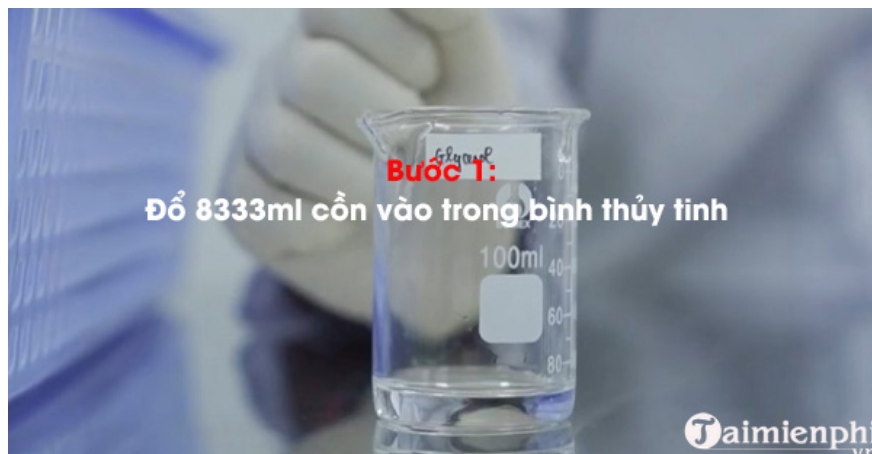
#### **Tools needed:**

- Spray bottle for easy storage and use.
- Funnel to pour solution into bottles.
- Glass bottle with capacity of about 10L for mixing.
- Gloves to ensure safety during operation.

#### **Important Note:**

- You should buy ingredients at reputable medical facilities to ensure quality.
- When mixing, wear gloves to avoid direct contact with hydrogen peroxide.
- Avoid leaving the solution near fire sources as it contains flammable alcohol.

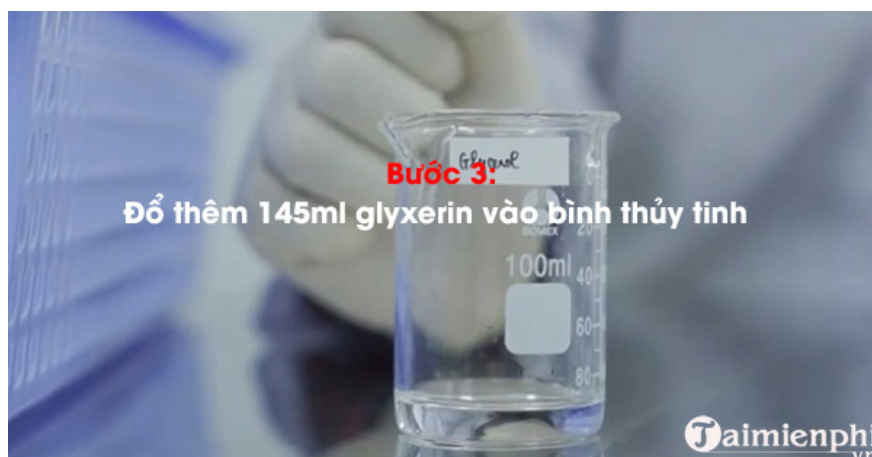
## 2. Implementation steps



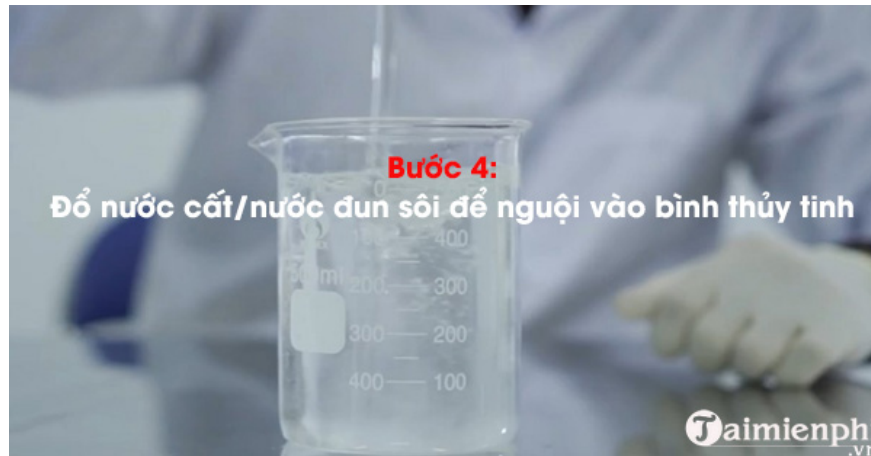
- **Step 1** : Pour 8333ml of alcohol into the 10l glass bottle you prepared earlier.



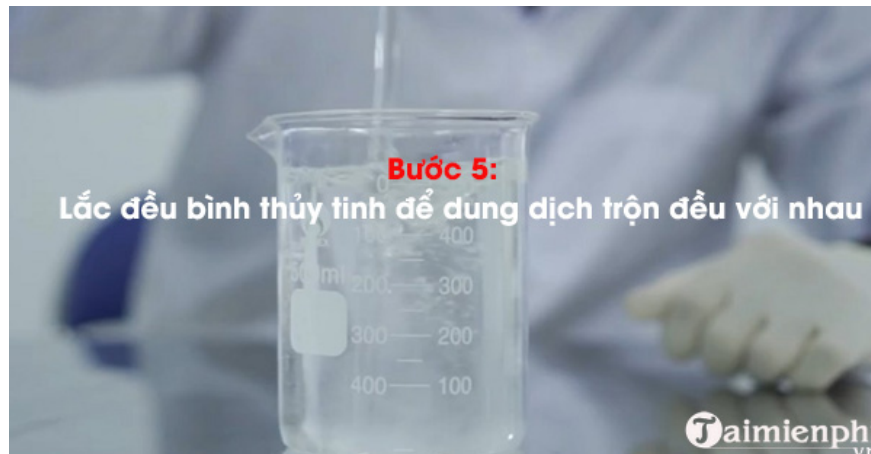
- **Step 2** : Continue adding 417ml of hydrogen peroxide.



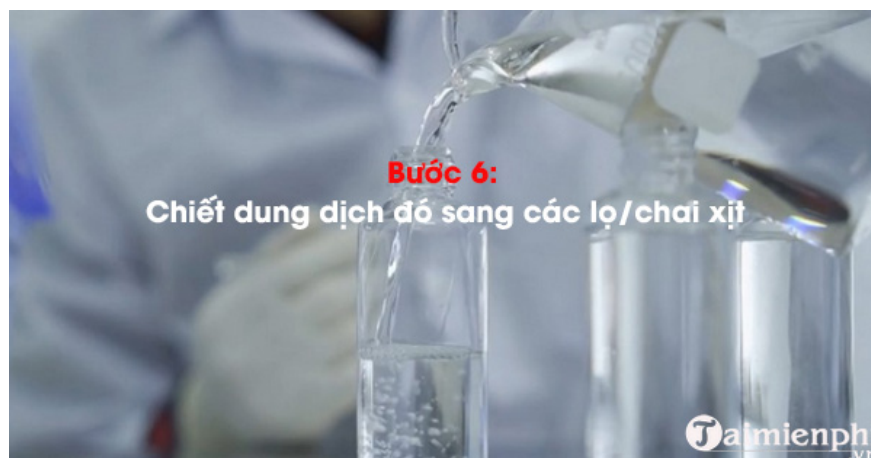
- **Step 3** : Continue to add 145ml of glycerin. Then, use cooled boiled water/distilled water to rinse the glycerin container, then pour the rinsing water into the mixture in the 10l glass jar.



- **Step 4** : Pour cooled boiled water/distilled water into the container until it reaches the 10l mark. Then close the lid tightly so that the solution mixture in the glass container does not evaporate.



- **Step 5** : Shake the glass bottle well to mix the solutions inside together.



- **Step 6** : Pour the solution into small spray bottles. After 72 hours of extraction, the solution will be effective and ready to use.

The Ministry of Health recommends washing hands regularly with soap and clean water or using hand sanitizer when washing hands with water is not possible. Due to high demand, hand sanitizer is often in short supply. However, you can completely make your own hand sanitizer at home according to WHO instructions, ensuring safety and saving costs for yourself and your family.

Flurona is also a disease related to Corona and flu. Therefore, you should also prevent it like Covid-19. If you do not know what Flurona is, you can refer to the article here.

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