

Instructions for preparing disinfectant hand sanitizer at home

Experts give specific instructions on how to prepare hand washing alcohol solution at home as well as how to use it effectively and reasonably.

These days, many people complain that they cannot buy **handwashing** alcohol / antiseptic handwashing liquid to prevent **corona virus**. To support readers, *TipsMake* has invited experts to instruct specifically how to prepare hand sanitizer at home as well as how to use it effectively and reasonably.

Accordingly, in terms of formula, the solution **hand sanitizer** is usually made from Ethanol alcohol, hydrogen peroxide, glycerol and distilled or boiling water to cool, giving the final concentration as follows:

1. 80% Ethanol (by volume ratio)
2. Hydrogen peroxide 1.45% (proportional to the volume)
3. Glycerol 0.125%



There is also an alternative formula **make hand sanitizer** that uses Isopropyl alcohol instead of ethanol, but it is not common, so please do not mention it in this article.

What note to ensure safety and efficiency when preparing?

Ensure the correct ratio of alcohol and other ingredients. Low alcohol content will not guarantee effectiveness, high concentrations are too volatile, dry skin and flammable.

The required alcohol content is 80% (tolerance of $\pm 5\%$, which is 75-85%) and should not be changed without prior knowledge of preparation. For example, there are places where vitamin E is recommended to replace glycerine for skin care, but this is an oil-soluble substance and therefore should not be used.

If it needs replacing, the World Health Organization (WHO) recommends choosing moisturizing materials that meet the criteria: non-toxic, non-irritating, non-disinfectant, easy-to-find and cheap. Aloe gel or honey are two common moisturizers that meet these criteria.

Dispensing in a cool place, avoiding sources of heat and static electricity can easily catch fire and explosion. It should be prepared quickly and tightly closed to avoid evaporation and reduce the alcohol content.

After 72 hours, use it to ensure that all germs (if any) in the solution are killed.

Regarding measuring tools, everyone can use a convenient 10ml cylinder. With glycerine, it is possible to buy pure glycerine syringes, which are used in anus to treat constipation, at a price of \$1 - \$2 / tube at most drugstores.

If you don't have alcohol, can you use another hand sanitizer?

There are some non-alcohol **hand sanitizers** on the market that are said to be more skin-friendly. However, disinfection effectiveness is not guaranteed and mainstream organizations on infectious disease prevention such as WHO and CDC do not recommend its use.

If a dirty hand cannot be washed immediately, we should not panic, but first note that we do not touch the eyes / nose / mouth with our hands and do not touch others.

It depends on the type of dirt on your hands, but it is best not to use your hands to touch other objects if you think you may get corona virus (like touching the nose of an infected person). The best way is to immediately find nearby water sources to wash.

*** Alcoholic hand washing, disinfectant spray disinfectant effect in about how long, how long after it has to spray again?**

In fact, there is no fixed number, exactly about the disinfection time of hand sanitizer because it depends on many factors such as how dirty or dirty hands are, which kind of germs hands are attached, and what other adhesives are attached. and my hand . got dirty for how long.

Washing your hands well with soap under running water is still the best way. Using an alcohol-based hand sanitizer is just a "fire-fighting" way, in situations where it is difficult to access water / soap.

Therefore, wash your hands with this solution AFTER touching germs / germs that are likely to be exposed, BEFORE touching other people if you think your hands can carry germs and WASH YOUR HANDS whenever possible. .

It should be noted that washing your hands with this alcohol-based solution DOES NOT EXCEPT all the pathogens on your hands. When hands are oily or have visible stains such as soil, drool, blood . we should wash them with soap and water.

Why should you wash your hands often?Washing your hands or washing your hands regularly can help prevent many respiratory and intestinal infections, not just coronary illness.According to the Centers for Disease Control and Prevention (CDC), washing your hands will help:

1. Reduce 23-40% of people with diarrhea.
 2. Reducing diarrhea by 58% in people with weakened immune systems.
 3. Reduce 16-21% of respiratory diseases.
 4. Reduction of 29-57% of children who have to miss school due to digestive diseases.
- Washing your hands can also reduce the rate of antibiotic resistance.

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