

HAND SANITIZER RECIPE

- ▶ The CDC recommends using hand sanitizer with **at least 60% alcohol content**. This recipe slightly exceeds that alcohol content at 60.66%, so follow the proportions exactly. If you want a sanitizer with a higher alcohol percentage, decrease the amount of aloe vera to 1/4 cup.
- ▶ Hand sanitizer is the second-best way to keep your digits germ-free. The #1 way, according to the CDC, is to properly wash your hands.

INGREDIENTS

- 2/3 cup Isopropyl alcohol 91% (rubbing alcohol)
- 1/3 cup aloe vera gel
- Essential oil in your choice of fragrance (optional)
- Small or medium mixing bowl
- Spoon
- Empty container (e.g., 3-oz travel container)
- Small piece of masking tape for labeling

DIRECTIONS

- In a mixing bowl, stir Isopropyl alcohol and aloe vera gel together until well blended.
- Add 8-10 drops of scented essential oil (optional, but nice!). Stir to incorporate.
- Pour the homemade hand sanitizer into an empty container and seal. Write “hand sanitizer” on a piece of masking tape and affix to the bottle.

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