

COVID-19: Preventative Measures

Homemade Hand Sanitizer

In the absence of the availability of commercial hand sanitizers, the World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response. These ingredients can typically be found at drugstores and some supermarkets.

What you need

- Small spray bottle
- 1 tablespoon of 3% hydrogen peroxide
- 1 teaspoon of 98% glycerin
- Isopropyl alcohol and sterile distilled or boiled cold water in **ONE** of the following combinations:
 - 1 cup + 2 tablespoons of 99% isopropyl alcohol **PLUS** 1/4 cup + 1 teaspoon water
 - 1 cup + 3 tablespoons of 91% isopropyl alcohol **PLUS** 2 tablespoons + 2 and 1/2 teaspoons water

Using hand sanitizer

To use, spray on all surfaces of your hands and rub them together until they feel dry.



What to do

- 1** Pour alcohol into a medium container, ideally with a pouring spout
- 2** Add hydrogen peroxide, then glycerin and stir
- 3** Measure and add water
- 4** Sanitize spray bottles by adding in a small amount of leftover alcohol, swirling around and allowing to air dry
- 5** Fill bottle with solution and label clearly with contents.

These small quantity recipes are derived from WHO's Guide to Local Production: WHO recommended Handrub Formulations

For more information, visit:

www.cdc.gov/coronavirus/2019-ncov

Updated April 2, 2020



<http://go.ncsu.edu/covid-19>

NC STATE

EXTENSION