

EXTENSION UPDATE

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Hand Sanitizer Recipe

If you need hand sanitizer and the store shelves are empty, you can make your own within minutes with just a few ingredients, said Sarah Purcell, Nebraska Extension Educator.

Here's what you need to make your own hand sanitizer:

- Rubbing alcohol (91% isopropyl)
- Aloe vera gel
- Mixing bowl, spoon or whisk
- An empty container, such as a three-ounce container from a travel toiletries kit
- Essential oil (optional), if you want to add a fragrance to the sanitizer

The directions for making your own hand sanitizer include:

1. Add 2/3 cup of rubbing alcohol to the mixing bowl.
2. Add 1/3 cup of aloe vera to the bowl.
3. Stir until the rubbing alcohol and aloe vera gel are well blended.
4. Next, you can mix in eight to 10 drops of the optional scented essential oil, if you desire.
5. Pour the hand sanitizer mixture into a small container and label it "hand sanitizer."

The Centers for Disease Control and Prevention recommends using hand sanitizer with at least 60% alcohol content. If you want a sanitizer with a higher alcohol percentage, decrease the amount of aloe vera to 1/4 cup.

Keep in mind, hand sanitizer is the second-best way to keep your fingers and hands germ-free. The best way is properly washing your hands, said Purcell.

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