

# USING HAND SANITIZERS SAFELY DURING THE COVID-19 PANDEMIC

Check to see if your product is approved for use during COVID-19 by comparing the name or drug information number (DIN) at [bit.ly/2y8pxlW](https://bit.ly/2y8pxlW)

Hand sanitizers contain regulated ingredients and should be used with care. Health Canada recommends using a hand sanitizer approved for use. To reduce the risk of adverse effects, read the label carefully and consider the following:

## DOs

- ✓ Apply in a well-ventilated / setting, take care when using in a vehicle
- ✓ Keep away from open flames —gas stoves, candles, lighters
- ✓ Store away from children, pets and people with dementia
- ✓ Supervise use for children under 6
- ✓ Remove jewellery before use
- ✓ Let hands dry

## DON'Ts

- ✗ Consume hand sanitizer
- ✗ Put in cups, glasses or beverage containers
- ✗ Make or buy homemade hand sanitizer
- ✗ Add water, oils, or fragrances
- ✗ Use bleach, even if watered down. Bleach is harmful to skin
- ✗ Store near food or food preparation areas.

For maximal benefit, use enough to cover the front and back of your hands, between fingers and over nails.  
If you have an adverse effect from hand sanitizer use, contact a healthcare provider or your local poison control centre.



National Collaborating Centre  
for Environmental Health

Centre de collaboration nationale  
en santé environnementale

  
**York Region**