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:**

**DO'S**
- 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'T'S**
- 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.**