

# Using Hand Sanitizers Safely During the COVID-19 pandemic



National Collaborating Centre  
for Environmental Health

Centre de collaboration nationale  
en santé environnementale

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