



When it comes to preventing the spread of infectious diseases like [COVID-19](#), nothing beats good old-fashioned hand washing.

But if water and soap aren't available, your next best option, according to the [Centers for Disease Control and Prevention \(CDC\) Trusted Source](#), is to use an alcohol-based hand sanitiser.

Unless you have a stockpile of store-bought hand sanitiser, you'll likely have a hard time finding any at a store or online right now. Due to the rapid spread of the novel coronavirus, most retailers can't keep up with the demand for hand sanitiser.

The good news? All it takes is three ingredients to make your own hand sanitiser at home.

What ingredients do you need?

Making your own hand sanitiser is easy to do and only requires a few ingredients (all available online):

- [isopropyl or rubbing alcohol](#) (99 percent alcohol volume)
- [aloe vera gel](#)
- an essential oil, such as [tea tree oil](#) or [lavender oil](#), or you can use lemon juice instead

The key to making an effective, germ-busting hand sanitiser is to stick to a 2:1 proportion of alcohol to aloe vera as this keeps the alcohol content around 60 percent. This is the minimum amount needed to kill most germs.

Hand sanitiser recipe

What you'll need:

- 3/4 cup of isopropyl or rubbing alcohol (99 percent)
- 1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)
- 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

Directions:

- Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.
- Mix with a spoon and then beat with a whisk to turn the sanitiser into a gel.
- Pour the ingredients into an empty bottle for easy use, and label it "hand sanitiser."

For more information please contact the Crown Safety Team info@crown-safety.co.uk or call us on 01506 858 858.