

Homemade Hand Sanitizer and Face Mask: Pandemic Survival

In the face of a global pandemic, it's essential to take precautions to protect yourself and your loved ones. One of the most effective ways to do this is to practice good hygiene, including frequent handwashing and wearing a face mask. However, with hand sanitizer and face masks in high demand and often difficult to find, it's important to know how to make your own.



HOMEMADE HAND SANITIZER, HOMEMADE FACE MASK, PANDEMIC SURVIVAL: Complete And Definitive Guide; How To Create Your Own Medical Mask, How To Create Your Hand Sanitizer, How To Survive a

Pandemic by John Bandler

★★★★☆ 4.6 out of 5

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This guide will provide you with step-by-step instructions on how to make your own homemade hand sanitizer and face mask. We'll also provide you with safety tips to keep in mind when using these products.

Homemade Hand Sanitizer

Hand sanitizer is an essential item for protecting yourself from germs, especially when soap and water are not available. You can easily make your own hand sanitizer at home with just a few simple ingredients.

Ingredients:

* 2/3 cup rubbing alcohol (isopropyl alcohol) * 1/3 cup aloe vera gel * 10 drops essential oil (optional)

Instructions:

1. Combine the rubbing alcohol and aloe vera gel in a bowl. 2. Add the essential oil, if desired. 3. Stir until well combined. 4. Pour the hand sanitizer into a clean container with a tight-fitting lid. 5. Label the container and store it in a cool, dark place.

Tips:

* Use a rubbing alcohol concentration of at least 60%. * Aloe vera gel helps to soothe and moisturize the skin. * Essential oils can add a pleasant scent to your hand sanitizer. However, avoid using essential oils that are known to be irritating to the skin. * Store your homemade hand sanitizer in a cool, dark place.

Homemade Face Mask

Face masks are an effective way to prevent the spread of respiratory droplets, which can carry viruses and bacteria. You can easily make your own face mask at home with a few simple materials.

Ingredients:

* 2 pieces of cotton fabric, each measuring 9" x 6" * 2 pieces of elastic, each measuring 12" * Needle and thread * Scissors

Instructions:

1. Fold one piece of fabric in half lengthwise and sew the edges together. 2. Repeat with the other piece of fabric. 3. Place the two pieces of fabric on top of each other, with the sewn edges facing each other. 4. Sew the edges of the two pieces of fabric together, leaving a small opening for turning. 5. Turn the face mask right side out and insert the elastic into the opening. 6. Sew the opening closed. 7. Trim any excess elastic.

Tips:

* Use a tightly woven fabric, such as cotton or flannel. * Make sure the face mask fits snugly over your nose and mouth. * Wash your face mask frequently in hot water. * Avoid touching your face when wearing a face mask. * If you have any respiratory problems, talk to a healthcare professional before wearing a face mask.

Safety Tips

When using homemade hand sanitizer and face masks, it is important to keep the following safety tips in mind:

* Do not use homemade hand sanitizer on open wounds. * Avoid getting homemade hand sanitizer in your eyes. * If you experience any irritation or allergic reaction to homemade hand sanitizer or face mask, discontinue use and consult a healthcare professional. * Do not use homemade hand sanitizer or face mask if you are allergic to any of the ingredients. * Store homemade hand sanitizer and face mask in a cool, dark place. * Keep homemade hand sanitizer and face mask out of reach of children.

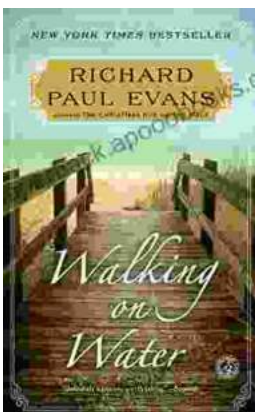


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