

Safety List 2

Hand sanitizer, making it at home is not as simple as using Vodka cheap nor expensive. The following is required.

- 3/4 cup of isopropyl or rubbing alcohol 99%
- 1/4 cup Aloe vera gel, do not use gel from plant it will not be stable enough. It is used counteract the harshness of the alcohol
- 10 drops of essential oil lavender or lemon juice.
- Whisk into a gel pour into bottle and label properly.

Hand sanitizers will not work on Norovirus, sanitizers will not work if mucus is on the skin, only washing with water and soap. Please remove rings and watches, to enable proper washing around the wrists.

- Only bleach type of disinfectant will kill COVID-19, Milton sterilising liquid or hydrogen peroxide will kill most Bacteria and Virus. Do not use on porous surfaces.
- Using steam guns can be used to clean and disinfect work surfaces.
- Always wash your hands as soon as you re-enter your home or work-place.
- Carry clean tissues, to enable you cough or sneeze into a disposable tissue. It is not advisable to sneeze onto clothing.
- Dispose infected tissues into a small bag immediately if possible and dispose of bag as quickly as possible
- Wash hand towels separately from kitchen towels, always wash above 63 degrees. The Danger Zone for bacteria multiplying is 10- 63 degrees C, the very best for multiplication is between 20-50 degrees C.
- Do not place shopping bags on kitchen work surfaces.
- Do not have conversations /discussions with people outdoors.
- Change any outdoor clothing as soon as you arrive home.
- Change outdoor foot wear as soon as you enter your home.
- **DO NOT MIX CHEMICALS, NOT EVEN BLEACH WITH BLEACH.**
- Ask at your local Pharmacy for Rubbing alcohol and Aloe vera Gel

These measures will be necessary to help reduce the risk to you and your family.