



Making^{the} Difference

Alcohol Based Hand Sanitizers

Information for Schools and Parents

Careful hand washing with soap and water is the recommended method to keep hands clean and free of bacteria.

If soap and water are not available and hands are not visibly soiled, alcohol based hand sanitizers (ABHS) are a convenient, effective and fast way to reduce the spread of germs.

To use an Alcohol Based Hand Sanitizer:

- Apply a dime sized amount of the product to the palm of your hand.
- Rub hands together, covering all surfaces of your hands until your hands are dry.

“Things to Know”:

- Alcohol based hand sanitizers (ABHS) significantly reduce the number of germs on skin.
- To be effective, alcohol based hand sanitizers are ethyl alcohol based.
- Alcohol can be absorbed when ingested or applied to the skin.
- Children should be supervised when using hand sanitizers.
- Discourage fingernail biting and touching of the eyes, nose and mouth.

Keeping our hands clean is one of the most important things we can do to keep from getting sick and from spreading germs to others!

For more information, please contact the
New York Statewide School Health Services Center
(585) 349-7632 ▪ www.schoolhealthservicesny.com

*Information accessed from the New York State Department of Health, www.health.state.ny.us
and the Centers for Disease Control: www.cdc.gov*