

Living Safely

with disabilities and special health needs

Using Hand Sanitizer

Hand sanitizers are a helpful way to remove germs from our hands and protect ourselves against infections.

Hand sanitizers come in many forms such as gels and sprays. There are large sizes and small sizes that can be kept in your handbag, pocket, backpack, or lunchbox.

Pump or spray hands with enough sanitizer to cover your hands. Rub your hands together, make sure to rub all parts of your hands including the back of your hand, in between your fingers, and your nails. Rub your hands together until they feel dry.

Do not rinse or wipe off the hand sanitizer before it's dry. It may not work as well.

Drinking hand sanitizer is never safe. It is poisonous. A small amount can be very harmful if you put it into your mouth and swallow it.

Hand sanitizer is used on your hands only.

It is important to keep hand sanitizers away from young children or pets. Hand sanitizers should not be placed in young children's backpacks or lunchboxes.

It is not safe for young children to use hand sanitizer by themselves; they must have adult supervision. Be careful leaving hand sanitizers in a purse or bag, on a nightstand, or on a counter that a young child can reach.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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**Children's
Specialized
Hospital**
An RWJBarnabas Health facility