

# Living Safely

with disabilities and special health needs

## Using Hand Sanitizer



Children's  
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An RWJBarnabas Health facility



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Hand sanitizers are a helpful way to remove germs from my hands and protect myself 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 my handbag, pocket, backpack, or lunchbox.



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I pump or spray hands with enough sanitizer to cover my hands.

I rub my hands together, make sure to rub all parts of my hands including the back of my hand, in between my fingers, and my nails.

I rub my hands together until they feel dry.



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



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Drinking hand sanitizer is never safe. It is poisonous.

A small amount can be very harmful if I put it into my mouth and swallow it.

Hand sanitizer is used on my hands only.



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



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It is not safe for young children to use hand sanitizer by themselves. They must have adult supervision.

I need to be careful leaving hand sanitizers in a purse or bag, on a nightstand, or on a counter where a young child can reach.

For more Living Safely resources, visit [www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

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

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