

# Empower Yourself: Make Hand Sanitizer Gel Spray and Face Covering in Minutes



## In the Face of Global Health Challenges, Take Control of Your Well-being

As the world grapples with the ongoing COVID-19 pandemic, the need for effective preventive measures has become paramount. Among the most crucial elements of personal hygiene are hand sanitizing and face covering. However, the constant shortage and escalating costs of these essential supplies can pose significant challenges. This comprehensive guide empowers you with the knowledge and skills to create your own hand

sanitizer gel spray and face covering within minutes, providing you with peace of mind and a sense of control over your well-being.



## DIY hand sanitizers and face masks : Make hand sanitizer (gel & spray) and face covering in 5 mins

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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### Creating Hand Sanitizer Gel Spray

#### Essential Ingredients:

- 70% isopropyl alcohol or ethyl alcohol: 1 part
- Aloe vera gel: 1 part
- Optional: Essential oils for fragrance (e.g., lavender, tea tree, lemon)

#### Step-by-Step Instructions:

1. In a clean bowl or container, combine the isopropyl alcohol and aloe vera gel in equal parts. 2. Stir thoroughly until the mixture becomes smooth and homogeneous. 3. Add essential oils (optional) and stir to incorporate. 4. Pour the mixture into a small spray bottle for easy application.



## **Crafting a Reusable Face Covering**

### **Materials Required:**

- Cloth: 2 pieces (cotton, flannel, or washable fabric)
- Elastic bands: 2 pieces
- Needle and thread (or sewing machine)
- Scissors

### **Step-by-Step Instructions:**

1. Cut two rectangular pieces of fabric to the desired size of your face covering (approximately 6 x 9 inches). 2. Fold one of the short ends of each fabric piece by about 1.5 inches and stitch or sew it down. These will create

the pockets for the elastic bands. 3. Place the two fabric pieces on top of each other, aligning the edges. 4. Fold the top edge of the fabric by about 1 inch and stitch or sew it down. This will create the casing for the top elastic band. 5. Repeat step 4 for the bottom edge of the fabric. 6. Thread the elastic bands through the pockets and the top and bottom casings. 7. Adjust the elastic bands to fit comfortably over your ears.



### **Additional Tips and Considerations**

- Use 70% isopropyl alcohol or ethyl alcohol as these are the most effective against germs.

- Aloe vera gel helps soothe and moisturize the skin.
- Essential oils are optional, but they can provide a pleasant scent and additional antimicrobial properties.
- Wash your reusable face covering regularly in hot water and mild detergent.
- Replace your face covering if it becomes torn or damaged.
- Always follow the Centers for Disease Control and Prevention (CDC) guidelines for hand hygiene and face coverings.



## Empowerment through Knowledge

The ability to create your own hand sanitizer gel spray and face covering not only provides a sense of self-sufficiency but also empowers you to protect your health and well-being. By following these simple instructions, you can ensure access to essential preventive measures without relying solely on external sources. This knowledge equips you to navigate global

health challenges with confidence and empowers you to take charge of your well-being.



In an era characterized by health uncertainties, the ability to make your own hand sanitizer gel spray and face covering is a valuable asset. This comprehensive guide provides you with the knowledge and skills to create these essential supplies in minutes, empowering you to take control of your personal hygiene and protect yourself against infectious diseases. By embracing this knowledge, you empower yourself to safeguard your health and well-being, becoming an advocate for your own health and the well-being of those around you.

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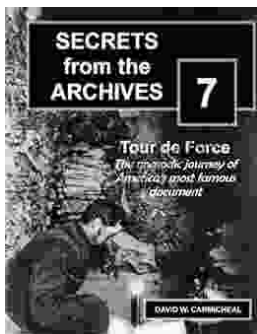
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