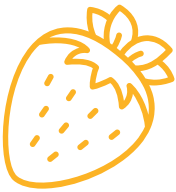
HAND SANITIZER

COVID-19
STAYING SAFE & HEALTHY
PARENT GUIDE

Poison Control receives over 15,000 phone calls per year due to children ages 5 and under putting hand sanitizer in their mouth. Most hand sanitizers contain high amounts of alcohol – around 60-70%. To compare, a regular beer is about 5% alcohol. It only takes a small amount of hand sanitizer to make a child sick.

Washing hands with soap & water for 20 seconds is the best way for you and your family to kill germs, including COVID-19. ***Only use hand sanitizer when soap & clean water are not available***, especially before eating.



Avoid scented hand sanitizers, like juicy strawberry and chocolate cone. These smell yummy, so a child might think they'd taste yummy, too! Scented products also contain the chemicals called **phthalates**, which can cause your child's hormone levels to change.

Store hand sanitizers up & away where small arms can't reach. If you think your child may have swallowed hand sanitizer, call ***POISON CONTROL (800) 222-1222***. Call 911 if your child has passed out, is having a seizure, is having a hard time breathing, or can't wake-up.

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Looking for more information on how to use hand sanitizers safely?

- **Federal Drug Administartion (FDA):**
  https://www.fda.gov/consumers/consumer-updates/safely-using-hand-sanitizer
- **Centers for Disease Control & Prevention (CDC):**
  https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html
- **Healthy Children information from the American Academy of Pediatrics:**
  https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Keep-Hand-Sanitizer-Out-of-Childrens-Reach.aspx

*The information provided is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

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