

HAND SANITIZER

COVID-19

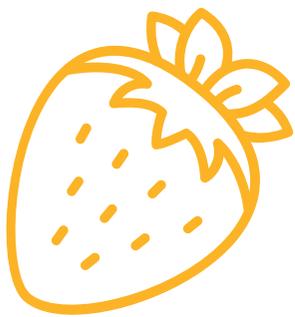
STAYING SAFE & HEALTHY

PARENT GUIDE



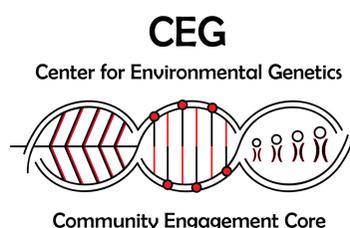
Poison Control receives over 15,000 phone calls per year due to children ages 5 and under putting hand sanitizer in their mouth. Most hand sanitizers contain high amounts of alcohol – around 60-70%. To compare, a regular beer is about 5% alcohol. It doesn't take much to make a child sick.

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 Administration (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.

Acknowledgements:

Produced by University of Cincinnati, Center for Environmental Genetics 6/12/20, grant P30 ES006096 from the National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health (NIH). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the NIEHS or the NIH.

This document was supported by the American Academy of Pediatrics (AAP) and funded (in part) by the cooperative agreement award number 1 NU61TS000296-01-00 5 from the Agency for Toxic Substances and Disease Registry (ATSDR). Its contents are the responsibility of the authors and do not necessarily represent the official views of the ATSDR.

The U.S. Environmental Protection Agency (EPA) supports the Pediatric Environmental Health Specialty Units (PEHSU) by providing partial funding to ATSDR under Inter-Agency Agreement number DW-75-95877701. Neither EPA nor ATSDR endorse the purchase of any commercial products or services mentioned in PEHSU publications.

