

Homemade Hand Sanitizer

Homemade Hand Sanitizer

ACTIVITY THREE

Using antibacterial wipes and hand sanitizer can help you keep clean when water is limited. It is also rumored that zombie flesh can be burned by hand sanitizer so this could be a good self-defense against zombies.

Make recipe for hand sanitizer gel for youth to add to their emergency kit.

Homemade Hand Sanitizer Gel

2/3 cup 99% rubbing alcohol (isopropyl alcohol) or ethanol (Must be at least 60% alcohol to be effective.)

1/3 cup plain aloe vera gel (the less additives, the better) or vegetable glycerin

8-10 drops essential oil, optional (Consider ones that have additional antiseptic properties (i.e., lavender, thyme, clove, cinnamon leaf, peppermint, etc.) Combine with soothing oils (i.e., chamomile) for a more balanced recipe

Combine all ingredients in a bowl with a spatula. Stir in essential oils, if desired (those with sensitive skin may want to avoid oils). With a funnel, pour into small plastic storage bottles. Makes 1 cup, which is enough for one to three youth depending on the size of storage bottle. 25



Make A Plan

(Federal Emergency Management Agency, 2013)

TAKE HOME ACTIVITY

Creating a family evacuation plan will help you feel more calm and safe in an emergency.

Do you know the answers to these questions?

1. Can you think of two exits out of each room in your home? How would you get out of your home if you couldn't use the door where you usually enter/exit your home?
2. Where will you meet up with your family if you have to get out of your house quickly? Where will you meet up with your family if your neighborhood is being evacuated and you aren't at home?
3. Do you have the emergency numbers for your family members or friends that you would contact if there was an emergency? (If you don't have them memorized, you may want to put them in your backpack or in your phone.)
4. Encourage youth to discuss the answers to these questions with their families when they get home. If helpful, provide a worksheet to compile this information such as the one created by the Federal Emergency Management Agency (2013) found at <http://www.fema.gov/media-library/assets/documents/34330>.

