

ALCOHOL-BASED HAND SANITIZERS: DO'S AND DON'TS

To protect yourself and others against COVID-19, clean your hands regularly and properly. Wash your hands with soap and water or use an alcohol-based hand sanitizer. **If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.**

WHEN USING AN ALCOHOL-BASED HAND SANITIZER



Do not use an alcohol-based hand sanitizer on contaminated or visibly dirty hands.



Apply a coin-sized amount of hand sanitizer on your hands.



If children use alcohol-based sanitizer, teach them how to use it, and monitor use.



Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it may cause irritation.

WARNING: One teaspoon of a 70% alcohol-based hand sanitizer, if ingested, can cause poisoning in a small child of 1-2 years.



Alcohol based hand sanitizers recommended to protect against COVID-19 contain 60-70% alcohol and are therefore potentially flammable.

Do not use hand sanitizers immediately before and while cooking or handling fire.



Alcohol-based hand sanitizer can be poisonous. They may contain denatured ethanol or isopropyl alcohol, and some contain a small amount of methanol, which is highly toxic. **NO DRINKING OR SWALLOWING** of hand sanitizers should be allowed.

WHEN STORING ALCOHOL-BASED HAND SANITIZERS



Store away from high temperatures or flames.



Keep alcohol-based hand sanitizers out of reach of children.

Ensure that alcohol-based hand rub dispensers are not placed where the sanitizer can accidentally be sprayed into a child's face or eyes.



Alcohol-based hand rub dispensers should not be placed above or close to potential sources of ignition, such as light switches and electrical outlets, or next to oxygen or other medical gas outlets (because of the increased risk of alcohol fumes igniting)

IN CASE OF ACCIDENTAL OR INTENTIONAL ALCOHOL INTOXICATION FROM CONSUMPTION OF ALCOHOL-BASED HAND SANITIZER

SYMPTOMS AND SIGNS OF ALCOHOL INTOXICATION



Headache, dizziness, lack of coordination, low blood sugar, abdominal pain, nausea, vomiting, and haematemesis (vomiting of blood).

SIGNS OF SEVERE TOXICITY



Respiratory depression, hypotension (lower blood pressure) and coma.

ACTIONS TO TAKE

Call the Poisons Information Helpline for advice about whether the person needs to go for emergency medical care or whether they can be safely cared for at home.

At home, while you wait for emergency medical care if this is required, you should:

- If they're able to swallow, encourage the person to eat (for e.g. a sandwich) to maintain blood sugar levels and to drink water.
- If they're conscious, encourage the person to lay on their side in a safe place until help arrives.
- If they're unconscious, gently turn the person on their side to prevent them from choking or vomiting.
- Stay with the person until medical help arrives.
- Try to keep the person awake.

NB. It's a myth that a person can recover from alcohol intoxication by sleeping, taking a cold shower, going for a walk, or drinking black coffee or caffeine. In fact, doing these things can put an intoxicated person at greater risk of dehydration, unconsciousness, injury and death.

Contact the 24/7 Poison Information Helpline at Tel No: 0861 555 777 for further guidance



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