

# NATURAL INSPIRATIONS®

Natural  
Inspirations'  
Hand Sanitizer  
contains 62%  
ethyl alcohol,  
which is  
recommended by  
the CDC and  
approved by the  
FDA.

## Hand Sanitizer Fact Sheet

### WHAT ARE THE DIFFERENT TYPES OF SANITIZER?

There are two types of Hand Sanitizer approved by the FDA and recommended by the CDC and World Health Organization:

**Alcohol-based** – the CDC requires Hand Sanitizer to contain greater than 60% ethanol or 70% isopropanol alcohol. This level of alcohol kills most germs and many types of bacteria and viruses **including coronavirus**.

**Alcohol-free** – usually contains Benzalkonium Chloride, instead of alcohol. The CDC says these can reduce microbes but may not work as well for many types of germs; or may merely reduce the growth of germs rather than killing them. The CDC website last updated May 17 does not actively recommend alcohol-free hand sanitizers because “*Benzalkonium chloride, along with both ethanol and isopropanol, is deemed eligible by the FDA for use in the formulation of healthcare personnel hand rubs. However, available evidence (to the CDC) indicates benzalkonium chloride has less reliable activity against certain bacteria and viruses than either of the alcohols.*”

### HOW DO ALCOHOL-BASED SANITIZERS WORK?

Alcohol-based sanitizers attack and destroy the cell wall and membranes of bacteria cells; and the envelope protein that surrounds some viruses (including coronavirus). This protein is vital for a virus's survival and multiplication. BUT a hand sanitizer MUST be at least 60% alcohol to kill most viruses. **Non-alcohol-based sanitizers also kill bacteria but are less effective against viruses.**

### HOW DO I PROPERLY USE AN ALCOHOL-BASED HAND SANITIZER?

- Make sure hands are free of dirt and grease. Handwashing with soap and water is recommended in such circumstances.
- Put enough sanitizer on your hands to cover all surfaces.
- Rub your hands together until they feel dry (this should take around 20 seconds).
- Do NOT rinse or wipe off the hand sanitizer before its dry.

### WHAT'S ALL THE RECENT PRESS ABOUT “BAD” SANITIZERS WITH METHANOL?

Methanol (also known as wood or methyl alcohol) is a type of alcohol that has been found in Hand Sanitizers imported from Mexico. It is mostly used to create fuel, solvents, and antifreeze. Methanol cannot be used in Hand Sanitizer because:

1. It has not been approved by the FDA or recommended by the CDC or World Health Organization because it has a weak ability to kill viruses when compared to other approved alcohols.
2. Methanol can be toxic and cause bodily harm when it comes in contact with skin, is swallowed, or is inhaled. It breaks down to produce formaldehyde or formic acid in the body which may cause serious harm including skin irritation, blindness, brain damage, and death. If someone experiences symptoms of methanol poisoning, it is important to seek medical attention immediately. Medical professionals can provide supportive care to stop the human body from changing methanol into formaldehyde and formic acid.