

ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

ALCOHOL HYGIENE

Choose the correct product for hands or household surfaces, then follow its label.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

Use labeled hand sanitizer and surface disinfectant for their separate jobs. This guide does not teach home distillation or open-wound treatment.

WATCH THE TIKTOK

MORE FREE BUILD GUIDES

SOURCES / FDA: Sanitizer safety · EPA: Surfaces, not skin

BUILD MAP

NEXT

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Soap and clean running water
- Labeled hand sanitizer, at least 60% alcohol
- Suitable registered surface disinfectant
- Clean surface-cleaning cloths
- Label-required gloves or eye protection
- Timer and original product labels

READ IN ORDER

PREP	Read the job before the bottle.	03
01	Match the product to the task.	04
02	Use sanitizer only for the hand branch.	05
03	Clean first. Set up the surface task.	06
04	Keep the surface wet for its labeled time.	07
05	Close the bottles. Prevent the next accident.	08
NOTE	Correct product. Complete directions.	09

QUICK REFERENCE / PAGE 10

BEFORE YOU START

Hands and surfaces need different labeled products. Never drink sanitizer, apply surface disinfectant to skin, or use these steps to treat open wounds. Keep alcohol away from ignition sources.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

SETUP

Read the job before the bottle.

READ BEFORE STEP 01

PREP

Hand hygiene and surface cleaning are separate tasks; use only the branch you need.



HANDS ARE ONE BRANCH

- **Soap and water are preferred in most situations.**
- Sanitizer is a fallback when they are unavailable, and it does not remove every germ or chemical.
- Visibly dirty or greasy hands need washing, not a quick sanitizer coating.

NO HOMEMADE SUBSTITUTE

- **CDC advises against homemade hand sanitizer because formulation and production errors can make it ineffective or harmful.**
- Use labeled products.
- This manual provides no distillation, blending, or open-wound treatment method.

SOURCES / CDC: Hand sanitizer · CDC: Hand hygiene FAQ

BUILD MAP

PREVIOUS

NEXT

STEP

Match the product to the task.

1 OF 5 / READ IN ORDER

01

Check the intended use before opening the container.



FOR HANDS

- **Choose hand sanitizer whose label states at least 60% alcohol.**
- Read its Drug Facts directions and warnings, and check FDA's current do-not-use list.
- A surface-cleaning wipe is not a hand wipe.

FOR SURFACES

- **In the United States, choose an EPA-registered disinfectant labeled for your surface and intended use.**
- This applies to alcohol-based surface products too.
- A percentage alone does not establish suitable use or contact time; read the complete label.

SOURCES / FDA: Sanitizer safety · EPA: Disinfectant steps

BUILD MAP

PREVIOUS

NEXT

STEP

Use sanitizer only for the hand branch.

2 OF 5 / READ IN ORDER

02

If soap and water are available, wash; if hands are visibly dirty or greasy, do not rely on sanitizer.



COVER AND RUB

- **When sanitizer is appropriate, dispense the label's amount into your palm.**
- Spread it over all hand surfaces, including fingers and backs.
- Rub until completely dry; do not rinse or wipe it away early.

KEEP USE CONTROLLED

- **An adult supervises young children.**
- Keep sanitizer away from eyes and mouths, and use it where air circulates.
- Wait until hands are dry and vapors have cleared before going near heat, sparks, or flames.

SOURCES / CDC: Hand sanitizer · FDA: Vapors and exposure

BUILD MAP

PREVIOUS

NEXT

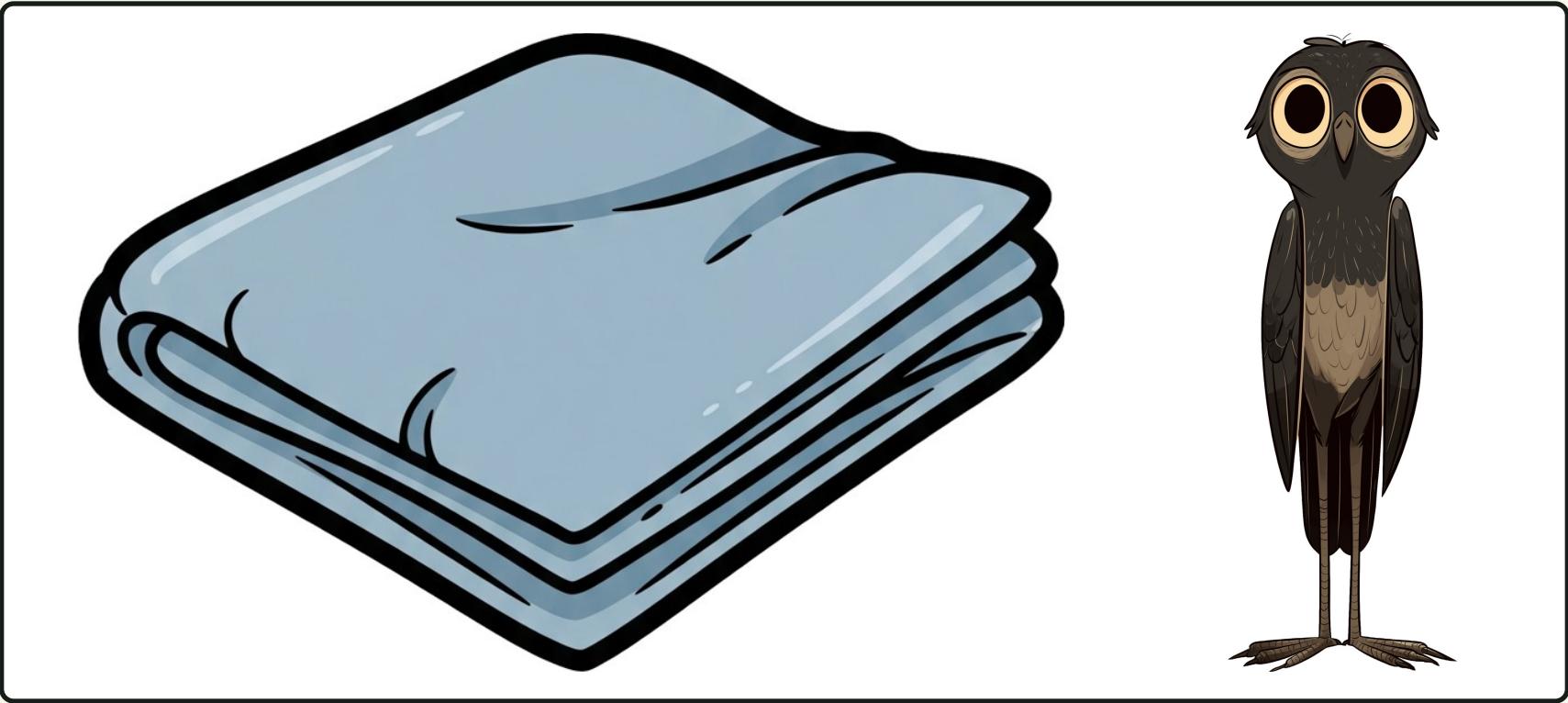
STEP

Clean first. Set up the surface task.

3 OF 5 / READ IN ORDER

03

This branch is for a household surface whose label permits the chosen product.



CHECK WHETHER DISINFECTION IS NEEDED

- **Regular cleaning is enough in many homes.**
- Disinfection may be appropriate when someone is ill or at increased risk.
- Clean the surface with soap and water first, using a method suitable for that material.

PREPARE THE SPACE

- **An adult applies surface disinfectants; children should not use them.**
- Provide ventilation and wear any gloves or eye protection the label requires.
- Never combine cleaners or disinfectants.
- Do not use surface products on people, pets, or food.

SOURCES / CDC: Home disinfection · EPA: Surfaces, not skin

STEP

Keep the surface wet for its labeled time.

4 OF 5 / READ IN ORDER

04

The product label supplies the application method and contact time, not the illustration.



APPLY AND TIME

- **Apply the surface product exactly as directed.**
- Keep the treated surface wet throughout the specified contact time, using a timer.
- Follow label directions if more product is needed; do not wipe it dry before that time ends.

FINISH ACCORDING TO THE LABEL

- **Follow all post-use instructions, including any required rinsing and disposal.**
- There is no universal contact time for every product or germ.
- After the surface task, remove protective gloves as appropriate and wash your hands.

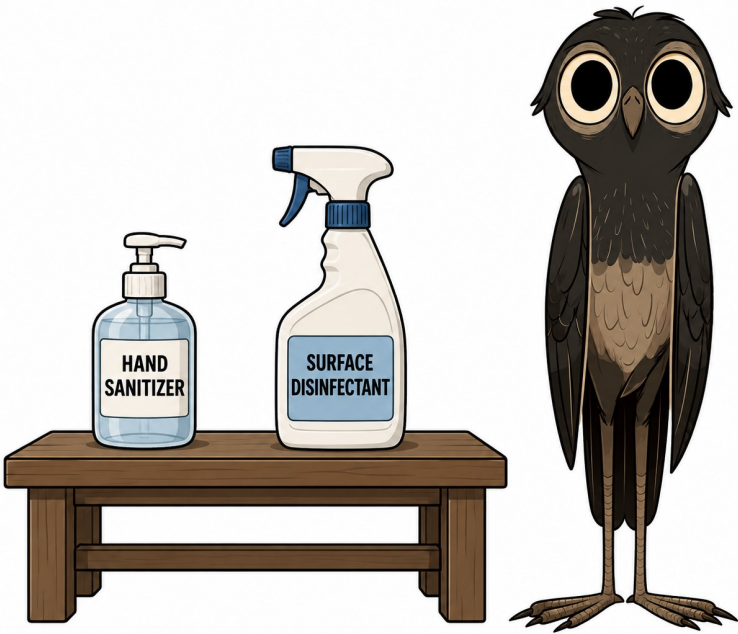
STEP

05

Close the bottles. Prevent the next accident.

5 OF 5 / READ IN ORDER

Storage and exposure precautions finish both branches.



KEEP PRODUCTS OUT OF REACH

- **Secure closures and follow storage directions.**
- Keep products away from children and pets; keep alcohol products away from heat and flames.
- Never drink sanitizer or treat it as a beverage.

GET HELP FOR EXPOSURE

- **For swallowed hand sanitizer or concerning reactions, contact poison control or a healthcare professional promptly.**
- In the United States, Poison Help is 1-800-222-1222.
- Call emergency services for trouble breathing or unconsciousness.
- Elsewhere use local poison and emergency services.

SOURCES / FDA: Vapors and exposure · CDC: Home disinfection

BUILD MAP

PREVIOUS

NEXT

NOTE

Correct product. Complete directions.

KEEP THESE LIMITS WITH THE STEPS

REF

Return to the relevant hand or surface page before using a product again.



KEEP THE PURPOSE CLEAR

- **Hand sanitizer is for hands according to its label.**
- Surface disinfectant is for its permitted surfaces.
- Neither branch is an instruction to sterilize an open wound or prepare a drink.

KEEP THE LABEL WITH THE BOTTLE

- **Read the warnings each time and keep the directions available.**
- Household hygiene is not a substitute for medical care.
- This guide does not validate homemade sanitizer or the safety of an unknown alcohol mixture.

SOURCES / EPA: Surfaces, not skin · CDC: Hand hygiene FAQ

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Hands and surfaces need different labeled products. Never drink sanitizer, apply surface disinfectant to skin, or use these steps to treat open wounds. Keep alcohol away from ignition sources.

01	Choose the right product Hands: labeled sanitizer with at least 60% alcohol when soap and water are unavailable. Surfaces: a disinfectant labeled for that use.	P04
02	Hands: rub until dry Use the labeled amount on all hand surfaces; rub dry. Do not rinse or wipe it off early.	P05
03	Surfaces: clean and prepare An adult cleans first, ventilates, and uses label-required protection. Never mix products.	P06
04	Surfaces: keep the full wet time Keep the allowed surface wet for the entire label contact time. Follow any required rinse and disposal instructions.	P07
05	Close, store, and prevent exposure Store securely away from children, pets, heat, and flames. Let hands dry and vapors clear before approaching ignition sources.	P08

NUKE SAYS

Clean hands. Clean table. Separate job descriptions.

SOURCES / EPA: Surfaces, not skin · CDC: Hand hygiene FAQ