

Homemade Hand Sanitizer, Homemade Face Mask: Pandemic Survival



HOMEMADE HAND SANITIZER, HOMEMADE FACE MASK, PANDEMIC SURVIVAL: Complete And Definitive Guide; How To Create Your Own Medical Mask, How To Create Your Hand Sanitizer, How To Survive a

Pandemic by John Bandler

★★★★☆ 4.6 out of 5

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Item Weight : 5.6 ounces

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As the pandemic continues to spread, it is more important than ever to take steps to protect yourself and your family. One of the most effective ways to do this is to make sure you have a supply of hand sanitizer and face masks. While these items can be difficult to find in stores, they are easy to make at home with a few simple ingredients.

Homemade Hand Sanitizer

To make your own hand sanitizer, you will need:

- 2/3 cup rubbing alcohol (isopropyl alcohol, 91% or higher)
- 1/3 cup aloe vera gel
- 10-15 drops of essential oil (optional)

Instructions:

1. Combine all of the ingredients in a bowl and stir until well mixed. 2. Pour the mixture into a clean bottle with a pump or lid. 3. Label the bottle with the date and ingredients.

Your homemade hand sanitizer is now ready to use. To use, apply a small amount to your hands and rub them together until they are dry.

Homemade Face Mask

To make your own face mask, you will need:

- Two layers of fabric (e.g., cotton, flannel, or silk)
- Elastic or ribbon (for ear loops)
- Scissors
- Sewing machine or needle and thread

Instructions:

1. Cut two rectangles of fabric, each measuring 6 inches by 9 inches. 2. Place the two rectangles of fabric together, with the right sides facing each other. 3. Sew around the edges of the fabric, leaving a 2-inch opening on one side. 4. Turn the face mask right side out and insert the elastic or

ribbon into the opening. 5. Tie the ends of the elastic or ribbon together to create ear loops. 6. Adjust the ear loops so that the mask fits snugly over your face.

Your homemade face mask is now ready to use. To use, cover your mouth and nose with the mask and adjust the ear loops to ensure a snug fit. Wash the mask after each use.

Pandemic Survival

In addition to making your own hand sanitizer and face masks, there are a number of other things you can do to prepare for a pandemic:

- Stock up on food and water.
- Create an emergency plan.
- Get vaccinated and boosted.
- Stay informed about the latest news and developments.
- Follow the advice of public health officials.

By taking these steps, you can help protect yourself and your family during a pandemic.



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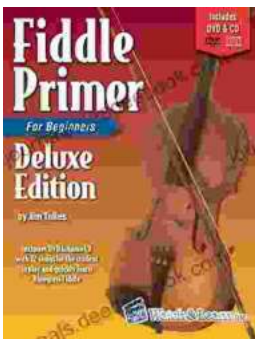
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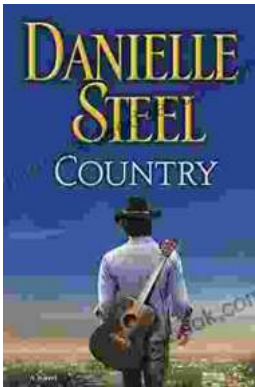
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