

Mayo Clinic Minute: Is your hand sanitizer safe and effective?

Intro: Washing with soap and water is the best way to rid your hands of visible dirt and mucus, which may contain viruses like the one that causes COVID-19. But, when on the go, using hand rub or liquid hand sanitizer is the second best option.

Video	Audio
	There are a lot of different types of hand sanitizers, but how do you know what products are safe? Dr. Gregory Poland says, when selecting a hand sanitizer, there are a few things you'll want to check the label for — starting with the type of alcohol it contains.
Gregory Poland, M.D. Vaccine Research Group Mayo Clinic	"You want to select a hand sanitizer with at least 60%, ideally 70%, ethyl alcohol in it."
	While ethyl alcohol is safe and effective, Dr. Poland says some products contain other types of alcohol that should be avoided.
	"You do not want a hand sanitizer that has methyl alcohol. Methyl alcohol is a toxin and should not be used."
	He says another ingredient to avoid is 1-propanol alcohol, which is also a toxin.
	Something else to be aware of is the expiration date. Like most products, hand sanitizers become less effective over time, as their alcohol content wanes.
	"Generally speaking, the ethanol-based hand sanitizers have about a three-year window."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

Tag: Consumers should check the FDA's website to view a list of hand sanitizer products that should not be used.