



First Nations Health Authority  
Health through wellness

# Which hand sanitizers can I use for COVID-19?



Increased demand for hand sanitizer means that it can be difficult to find the right kind – especially because not all hand sanitizer is effective!

## **HEALTH CARE SETTINGS:**

Health Canada and the BC Centre for Disease Control recommend alcohol-based hand sanitizers for use in health care settings (70-90 per cent alcohol concentration).

## **NON-HEALTH CARE SETTINGS:**

Health Canada has a list of approved hand sanitizers for sale in Canada and recommended for use by the general public.

This information is frequently updated. Visit the following link for the latest recommendations and list of accepted hand sanitizers for sale in Canada:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>

## **GENERAL HAND HYGIENE:**

Please refer to the following link for recommendations about hand hygiene from the Province of BC:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/hand-washing>

Hand sanitizer should only be used for sanitization. Swallowing hand sanitizer - even in small amounts - can cause alcohol poisoning, especially for infants, toddlers and children.

*\*Information regarding COVID-19 is continually being updated. The FNHA Communicable Disease team is committed to updating public health advice as changes occur, however we also encourage health care professionals to check Health Canada and the BC Centre for Disease Control websites to ensure that they have the most up-to-date information.*