Strategies for Caring for the Nurse: 
Home Recipes

- **Do it yourself: Clorox Wipes**
  - 1 cup water
  - 2 tsp bleach
  - 2 tsp dish soap
  - 6 drops essential oil (optional)

- **Do it yourself: Lysol Wipes**
  - 1 cup water
  - 6 Tbsp 91% isopropyl alcohol
  - 2 Tbsp dish soap
  - 6 drops essential oil (optional)

- **Do it yourself: Baby Wipes**
  - 1 cup water
  - 1 Tbsp liquid baby bath soap
  - 2 Tbsp baby oil or coconut oil

- **Do it yourself: Gentle Disinfecting Wipes**
  - 1 cup water
  - 6 tsp white vinegar
  - 2 tsp dish soap or baby shampoo
  - 6 drops essential oil (optional)

Soak paper towels or fabric in solution. 
Wring out to “just moist enough
Store in airtight container

---

**No hand gel at the store?**

Make your own - it's simple!
Buy rubbing alcohol (preferably at least 91% isopropyl alcohol since the final product needs to be at least 60%) and plain aloe vera gel (It’s usually near the sunscreens.) Mix 3 parts rubbing alcohol with 1 part aloe vera gel. Use a funnel to pour into a dispenser. Voila!
Proper hand washing with soap and water is better but is not always available.

**Bleach and ammonia** are two common household cleaners that should never be mixed. They react together to form toxic vapors!!!
**Do it yourself: Handmade Face Masks**

**Use of homemade masks:**

In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face. (CDC. (March 17, 2020). Strategies for optimizing the supply of facemasks. Retrieved from https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html)

Patterns for homemade masks can be found at the following sites:

- [https://www.craftpassion.com/face-mask-sewing-pattern/](https://www.craftpassion.com/face-mask-sewing-pattern/)
- [https://so-sew-easy.com/face-mask-sewing-patterns/](https://so-sew-easy.com/face-mask-sewing-patterns/)

In some cases, the suggestions for filters vary.

- If you add a filter pocket, suggestions include:
  - HEPA vacuum cleaner bags (cut to fit), non-woven interfacing (usually polyester - varying thickness), HEPA furnace filters (need to ensure correct side for face is used).

It is advisable to use NIOSH approved PPE at all times but follow institutional protocols and all of these would be better than nothing or a scarf/bandana!

**Additional Reading:**
