



Keep Hands Clean

Prevent the Spread of Germs

PLAIN VS. **Antibacterial**

According to the CDC, soap and water are more effective than hand sanitizers at removing certain kinds of germs.



What About Hand Sanitizer?

- When soap and water aren't available, use a hand sanitizer containing at least 60% alcohol
- Sanitizer can reduce the number of microbes on the skin, but it will not eliminate all types of germs
- Hands should not be visibly dirty or greasy; soap and water work better in this case
- Soap and water are still the best way to clean hands

The Scrub Down

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| 1 | Wet hands with clean water | 2 | Lather your hands with soap, including the backs, under nails and between fingers |
| 3 | Scrub hands for at least 20 seconds, long enough to sing the "Happy Birthday" song twice | 4 | Rinse hands thoroughly |
| 5 | | Dry hands with a clean towel or air dry | |

Public Restroom Breakdown

14% Skip hand washing all together

67% Don't use soap at all when hand washing

80% Wash their hands thoroughly enough to kill germs

