



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.

The Scrub Down

1

Wet hands with clean water

2

Lather your hands with soap, including the backs, under nails and between fingers

3

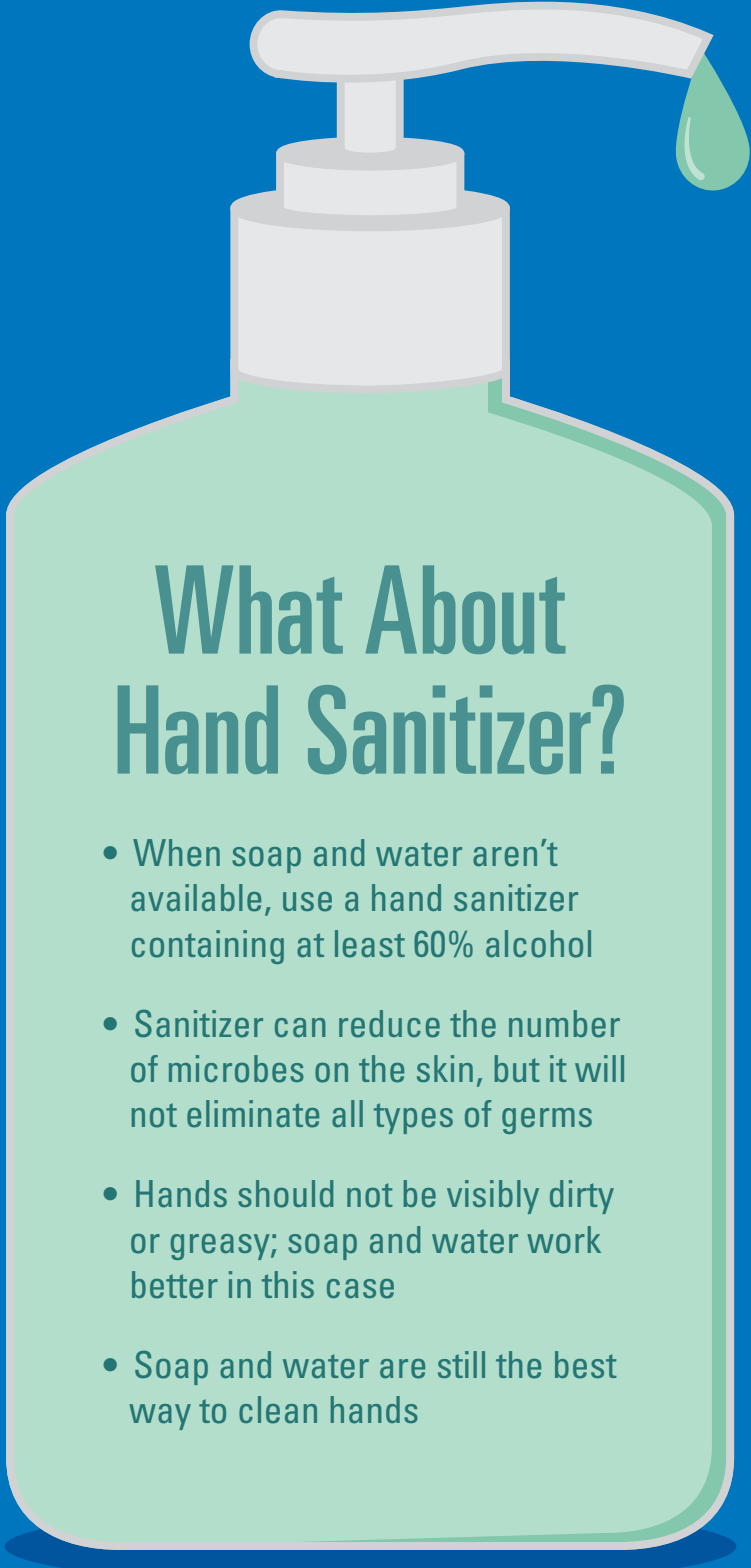
Scrub hands for at least 20 seconds, long enough to sing the "Happy Birthday" song twice

4

Rinse hands thoroughly

5

Dry hands with a clean towel or air dry



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

Why You Should Wash Your Hands, Even After Using Hand Sanitizer



There are certain pathogens that hand sanitizer doesn't kill, such as norovirus, Cryptosporidium and Clostridiodes difficile. However, by washing your hands properly, you can help to remove these germs from your skin.

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