# Keep Hands Clean

## Prevent the Spread of Germs

## PLAIN VS. Antibacterial
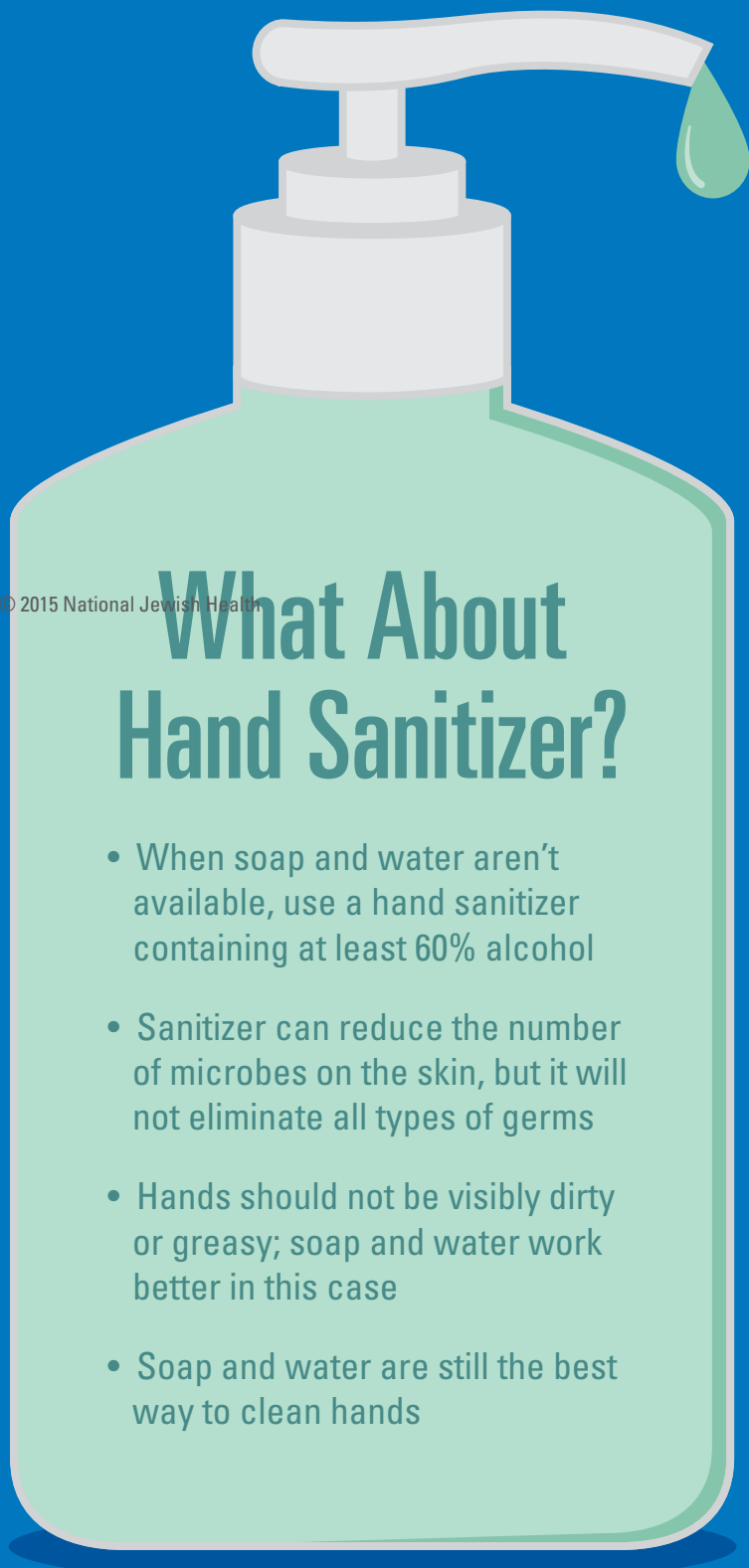
Studies have shown antibacterial soap does not offer more health benefits than plain soap. Plain soap is just as good for removing germs.

## 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

## Public Restroom Breakdown

10% Skip hand washing all together

33% Don't use soap at all when hand washing

5% Wash their hands thoroughly enough to kill germs