

Wash Hands with **Soap and Water** Over Hand Sanitizer Whenever Possible



Soap and Water

- Washing hands with soap and water is the best way to get rid of germs
- To most effectively wash hands, scrub for at least 20 seconds
- Hot and cold water are equally effective
- Regular soap is just as effective as Antibacterial soap for COVID-19

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Hand Sanitizer

- Hand Sanitizers don't get rid of all types of germs.
- Hand Sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand Sanitizers might not remove harmful chemicals from hands like heavy metals.

All information based on CDC Guidelines and Recommendations



When in doubt, wash with Soap and Water