**Hand Cleaning – Use of Soap & Hand Sanitizers**

* Wash hands often during the day & after touching contaminated surfaces
* Wash hands with regular soap and water, for 20-30 seconds
* Avoid touching your face
  + Soaps advertised as “antibacterial” don’t work any better than regular soap
  + There are no special soaps for COVID-19, or for any age group (e.g. children)
* Using hand sanitizer is a good option when handwashing with soap & water is not possible
* Hand sanitizers do not replace handwashing
* Only when you can’t wash with soap, and you have contact with high touch surfaces, use a hand sanitizer

- using hand sanitizers too much can dry out & damage the skin; **hand wash instead**

- hand sanitizers need to be at least 60% alcohol to be effective; not all hand sanitizers are effective

- but the mechanical action of rubbing your hands with a liquid does reduce the number of viruses and bacteria on hands, but it is not as effective as handwashing