

Use Hand Sanitizer When You Can't Use Soap and Water



Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Public health officials state hand washing is the most effective way to avoid infection of COVID 19 but sometimes, hand washing is not available. The World Health Organization recommends using hand sanitizer only as an alternative when you don't have access to soap and water. Like the CDC and WHO, the National Institutes of Health also recommends washing your hands whenever possible.

Be healthy,

Your Eat Smart Idaho
Team



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Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not 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 pesticides and heavy metals.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.