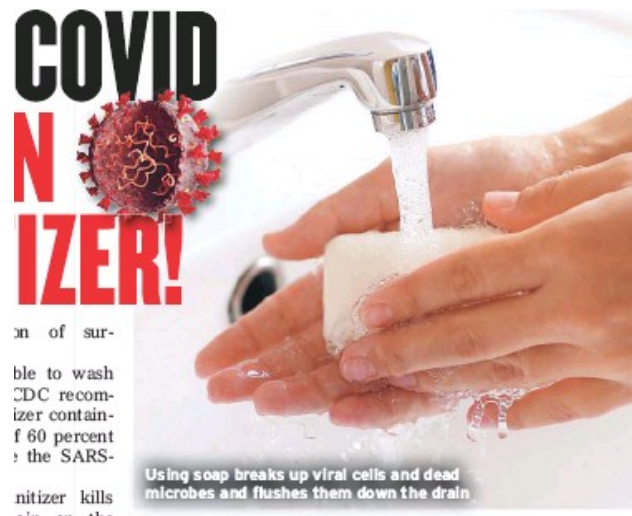- Hygiene / Health

# SOAP KILLS COVID BETTER THAN HAND SANITIZER!

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WASHING your hands with soap and water is more effective than using hand sanitizer at preventing the spread of COVID-19, according to the CDC.



Using soap breaks up viral cells and dead microbes and flushes them down the drain

With soap, people tend to spend time lathering and scrubbing, which gives the soap enough time to break down the virus.

Washing with soap also dislodges dead microbes and viral cells from the hands and flushes them down the drain. This lowers the likelihood of infection through face-touching and also reduces the possibility of cross-contamination of surfaces.

If you're not able to wash your hands, the CDC recommends hand sanitizer containing a minimum of 60 percent alcohol to remove the SARSCoV-2 virus.

While hand sanitizer kills germs, they remain on the hands. Sanitizer is also less effective than soap against certain viruses and bacteria.

When using hand sanitizer, the World Health Organization recommends using at least a coin-sized drop and rubbing it in thoroughly until the hands are dry for at least 20 seconds.

Before the COVID-19 pandemic, public health experts recommended washing hands before and after preparing and eating food, before and after wound treatment, after using the toilet, after touching animals and after touching garbage.

During the pandemic, it's recommended to also clean hands after touching your eyes, nose, mouth or face mask, upon entering and leaving a public space and after touching surfaces in public areas.