



# SUDS UP AGAINST GERMS

## Which Soap is Best?

### Regular Soap

- Washing hands with soap and water is the most effective way to keep hands clean. is necessary if soil is visible on your hands. To really work, hand washing must be done frequently and properly. Washing with plain soap and water will eliminate most bacteria.

### Alcohol-based Sanitizers

- Use hand sanitizer when you can't use soap and water. 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.

### Antibacterial Soap

- The American Medical Association and the CDC do not recommend the use of anti-bacterial soaps. Many scientists fear widespread use could lead to a strain of resistant bacteria, or “super bugs”. The antibacterial compounds need to be left on hands for about two minutes in order to have any effect on bacteria.

