

Hand Washing: Hand Sanitizer

Washing your hands stops the spread of germs and protect you and your family from getting sick. Choose soap and water. But if they aren't available, you can still wash your hands. Use a hand sanitizer with at least 60% alcohol.

Try it now. Step 1. Apply hand sanitizer to the palm of one hand. Step 2. Rub your hands together. Step 3. Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Let's try that again. Put hand sanitizer on the palm of one hand. Rub your hands together. Rub the gel all over your hands and fingers until your hands are dry. This will take about 20 seconds.

You can prevent the spread of germs and keep you and your family healthy by using hand sanitizer when soap and water are not available. But, if your hands are dirty or greasy, hand sanitizer may not be able to cut through the dirt to kill the germs. It is always best to use soap and water if its available.

For more information about hand washing, visit [cdc.gov](https://www.cdc.gov).