

Handwashing Myths vs. Facts



MYTH

As long as I use soap and water, it doesn't matter how long I spend washing my hands.

FACT

Removing germs from the entire surface of one's hands requires at least 15-30 seconds of scrubbing with soap and warm water.

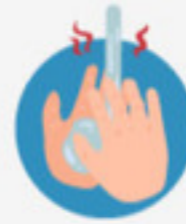


MYTH

I should choose hand dryers over paper towels to dry my hands when given an option.

FACT

Hand dryers can blow around bacteria and even provide ideal conditions for bacteria to live and grow inside the unit itself.



MYTH

If the water I use to wash my hands is steaming hot, my hands will be cleaner.

FACT

Water should be warm, but there is no conclusive evidence that excessively hot water results in cleaner hands.



MYTH

Frequent use of hand sanitizers or antibacterial is more effective.

FACT

Overuse of antibacterial agents makes the products less effective, and can reduce the amount of beneficial, healthy bacteria on the skin that you need to fight germs.

