

# Why + HAND SANITIZER is important for us.

CDC recommends washing hands with soap and water whenever possible. Handwashing reduces the amounts of all types of germs and chemicals on hands. If soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others.

**Alcohol-based hand sanitizers can reduce the number of microbes on hands, but do not eliminate all types of germs.**

## WHY?

Still try to wash with soap and clean water when possible. Soap and water are more effective than hand sanitizers at removing certain kinds of germs. Alcohol-based hand sanitizers can inactivate many types of microbes when used correctly. People may not use a large enough volume of the sanitizers or may wipe it off before it has dried so the germs stick around.

**If soap and clean water is not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.**

## WHY?

Many studies have found that sanitizers with an alcohol concentration between 60–95% are more effective at killing germs than those with a lower alcohol concentration or non-alcohol-based hand sanitizers.

### Questions?

Please contact the HERC via email at [herc@eiu.edu](mailto:herc@eiu.edu) or by phone at 217-581-7786. Visit the HERC web page at [www.eiu.edu/HERC](http://www.eiu.edu/HERC)

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EASTERN ILLINOIS UNIVERSITY

## Correctly Use Hand Sanitizer!

When using hand sanitizer, apply the product to the palm of your hand and rub the product all over the surfaces of your hands until your hands are dry.

**Hand sanitizers may not be as effective when hands are visibly dirty or greasy.**

## WHY?

Hands may become very greasy or soiled in community settings, such as after people handle food, play sports, work in the garden, or go camping or fishing. When hands are heavily soiled or greasy, hand sanitizers may not work as well. Handwashing with soap and water is recommended in such circumstances.

**REMEMBER  
TO USE  
HAND  
SANITIZER**

