

# Wash it off

Washing hands regularly can do a lot to prevent disease. Wash your hands with soap and water for 20 seconds. Dry off your hands to stave off bacteria, choosing paper towels over hand dryers, if possible. Use a hand sanitizer with at least 60% alcohol if soap and water are not readily available. However, washing your hands with water is best for washing away germs. Cold water works just as well as warm, and in the winter, using warm water can actually dry out your skin faster.

## Be More Earth-Friendly

When washing your hands in a public restroom, and no paper towels are handy, air drying is best and uses no additional energy.

