Handwashing Tips

You may be wondering, what type of soap is best when it comes to handwashing? The fact of the matter is, it doesn't have to be fancy, plain soap is sufficient. View a few points on selecting soap type.

Selecting Soap Type

- **Water and Soap vs. Water**- Handwashing with plain soap and water is more effective in reducing bacteria that just water alone.

- **Plain vs. Antibacterial**- The CDC says studies haven't shown that soaps with antibacterial ingredients provide any health benefits or remove more germs than plain soaps.

- **Liquid vs. Bar**- Germs can grow on bar soaps when not stored properly. Bar soups should only be used in a household and not in a public setting.

Frequent handwashing can be the cause of dry, chapped hands because it strips the hands of natural oils. If you have tiny cracks or tears in the skin, it creates an entrance for bacteria and increases the risk of infection. For this reason, it's important to keep your hands moisturized after washing.

**Tips Dry Hands**

- Apply a lotion, ointment, or hand cream after washing hands. Added fragrances or additives can be irritating to the skin, so be cautious of using for moisture.

- Signs of overwashing include red, itchy, or flaky skin and pain. Check with a healthcare provider if you have concerns of overwashing.

Resource: [https://www.health.state.mn.us/people/handhygiene/how/bestsoap.html](https://www.health.state.mn.us/people/handhygiene/how/bestsoap.html)