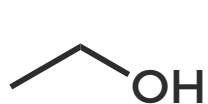
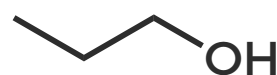


# HOW HAND SANITISERS PROTECT AGAINST INFECTIONS

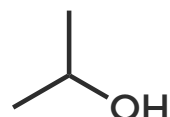
## WHAT'S IN HAND SANITISERS?



ETHANOL

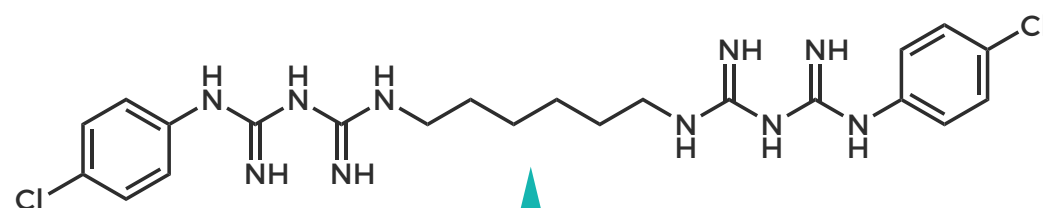


PROPANOL



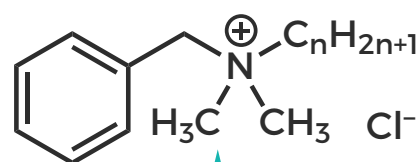
ISOPROPANOL

Alcohol-based sanitisers contain 60-95% alcohol. Most contain either ethanol, n-propanol, isopropanol, or a combination of these.

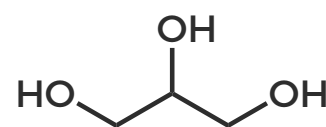


CHLORHEXIDINE

Chlorhexidine and benzalkonium chloride are also found in some sanitisers. Both are also used in non-alcohol-based sanitisers.



BENZALKONIUM CHLORIDE

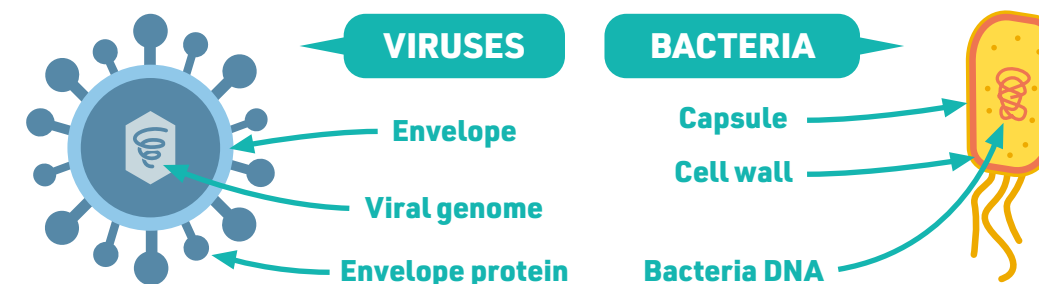


GLYCEROL

Other ingredients include glycerol, which acts as a moisturiser to stop your skin drying out. Hydrogen peroxide is added to prevent bacterial contamination in the hand sanitiser.

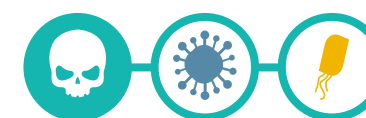


## HOW DO HAND SANITISERS WORK?



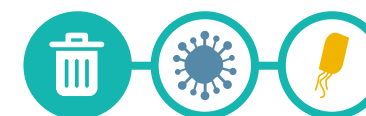
Alcohols in hand sanitisers alter (denature) the structure of proteins. They destroy the cell wall and membranes of bacteria cells, and the envelope of viruses (including coronavirus). They're less effective against non-enveloped viruses. Non-alcohol-based sanitisers also kill bacteria but are less effective against viruses.

## HOW EFFECTIVE ARE THEY?



**MINIMUM OF 60% ALCOHOL**

Hand sanitisers with >60% alcohol are effective if applied generously. However, they don't kill all virus types and are less effective on dirty or greasy hands.



**WASH HANDS FOR 20 SECONDS**

Hand washing with soap for 20 seconds washes away bacteria and viruses, and also removes dirt and grease. Antibacterial soaps are no more effective.

