

Debunking the Myths About Alcohol-Based Hand Sanitizer

HAND HYGIENE 101



MYTH #1

All germs are the same

THE TRUTH

There are two types of germs: **resident** and **transient**



RESIDENT GERMS are normal inhabitants of the skin.



TRANSIENT GERMS, which may cause illness, are picked up from touching items and objects in your environment.



Sick person spreads their **germs**



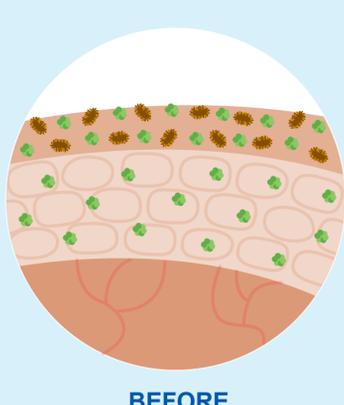
Healthy people pick up **germs** and get sick

MYTH #2

PURELL® Hand Sanitizer kills all the good germs on hands

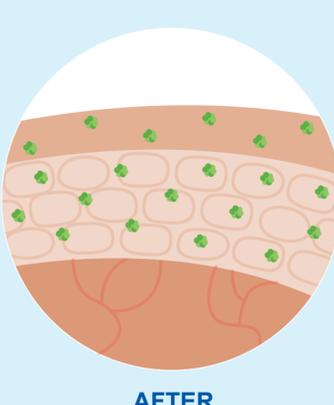
THE TRUTH

PURELL Hand Sanitizer kills 99.99% of germs on the **surface** of your hands, however “good” germs remain deep within skin layers and quickly grow back.



BEFORE

“Good” germs and illness-causing germs live on the surface of skin. “Good” germs also live deeper within the skin layers.



AFTER

“Good” germs remain deep within skin layers and quickly grow back.

MYTH #3

Using hand sanitizer creates antibiotic resistance or supergerms

THE TRUTH

Alcohol-based hand sanitizers **DO NOT** cause antibiotic resistance or create supergerms

There is a lot of confusion and some emerging concerns around antibiotics and antibacterial products today.

These products are not the same.



Alcohol-based hand sanitizer

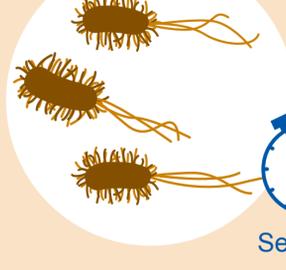


Anti-bacterial soap

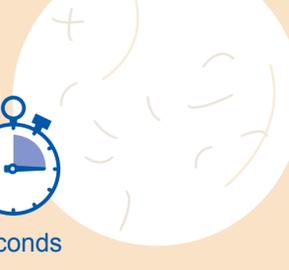


Antibiotics

Alcohol-based hand sanitizer kills germs by **destroying germ cell walls instantly** so there's no chance for germs to become resistant.



Transient germs **BEFORE**



Transient germs **AFTER**



Seconds

MYTH #4

Alcohol-based and non-alcohol-based products are the same

THE TRUTH

Experts like **Centers for Disease Control and Prevention**, **World Health Organization**, and **Health Canada** recommend alcohol-based hand sanitizers over any other type of hand sanitizer¹

¹ Refer to World Health Organization, http://www.who.int/gpsc/tools/faqs/system_change/en/; Health Canada, <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/hands-mains-eng.php>; Centers for Disease Control and Prevention, <http://www.cdc.gov/healthywater/hygiene/hands/handwashing.html>

MYTH #5

Alcohol-based hand sanitizers contain triclosan

THE TRUTH

PURELL Hand Sanitizer does **NOT** contain triclosan



Alcohol is the active ingredient. If you're not sure, **read the label!**

MYTH #6

PURELL Hand Sanitizer dries out hands

THE TRUTH

Formulation matters. **PURELL** Hand Sanitizer contains natural moisturizers and is proven to maintain skin's natural condition

Studies show **PURELL** Hand Sanitizer is gentler on hands than soap and water because it does not strip natural lipids away from hands.²

² Boyce JM, Kellner S, Vallande N. Skin irritation and dryness associated with two hand hygiene regimens: soap and water handwashing versus hand antiseptics with an alcoholic hand gel. *Infect Control Hosp Epidemiol.* 21:442-448, 2000.

