

# Think you need antibacterial soaps to get rid of germs?

The American Medical Association and U.S. FDA advise us to wash our hands of that idea and to avoid products containing the antimicrobial ingredient "Triclosan." Physicians indicate that the best germ fighting measure continues to be hand washing with regular soap, or if extra assurance is needed, using alcohol or peroxide-based hand sanitizers. Antibacterial ingredients accumulate in humans and contribute to antibiotic resistance in bacteria. Antibacterial products are also found in waterbodies throughout the United States, including San Francisco Bay, because wastewater treatment plants cannot entirely remove chemicals such as these.



## WE'RE SINGING A DIFFERENT TUNE ABOUT HANDWASHING

Washing your hands for 20 seconds with glycerin, castile or other vegetable-based soap and water is the best way to kill germs. Teach kids to sing "Twinkle, Twinkle Little Star" — a 20 second tune — while washing hands.



Avoid personal care products containing triclosan or triclocarban and products labeled as "antibacterial or antimicrobial" including toys, kitchen tools, clothing and cosmetics.

Visit [cleanbay.org](http://cleanbay.org) to learn more about triclosan and to download "Clean It!" a free less-toxic cleaning guide.



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