



GET SMART Newsletter

March 2017

Antibacterial Versus Regular Soap

By: Anne Dodds, Keystone STARS child care health consultant

Antibacterial soap, sometimes called antimicrobial or antiseptic soap, is the combination of any soap product with added antimicrobial ingredients to kill off bacteria. But were you aware that antibacterial soaps are ineffective against viruses?

Many liquid soaps labeled antibacterial contain triclosan, an ingredient of concern to many environmental, academic and regulatory groups. Animal studies have shown that triclosan alters the way some hormones work in the body and raises potential concerns for the effects of use in humans. Although it is not yet known how triclosan affects humans, more research is needed.

Many of us use antibacterial products to reduce the risk of getting sick. But are they really more effective?

If you use these products because you think they protect you more than soap and water, studies have indicated that this is not correct. Overuse of antibacterial products can reduce the amount of healthy bacteria on a person's skin, which can make antibiotics less effective in the fight against new strains of bacteria, called "[superbugs](#)."

Regular soap won't kill healthy bacteria on the skin's surface. Frequent hand-washing is one of the best ways to avoid getting sick. Washing your hands with plain soap and water is still considered one of the most important steps you can take to avoid getting sick and to prevent spreading germs.

Tips to Control Germs

1. Wash hands frequently and thoroughly with plain soap.
2. Wash surfaces that come into contact with food (e.g., utensils, cutting boards, countertops) with a regular (not antibacterial) detergent and warm water.
3. Wash children's hands and toys regularly. Again, simple soap and good old-fashioned scrubbing will suffice.

TRICLOSAN MAY BE IN THESE PRODUCTS:

Dishwashing Liquid

Body Washes

Deodorants

Acne Treatments

Toothpaste

Mattresses

Plastic Food Containers

Shoe Insoles

Kid's Corner

Word Scramble

1. Oaps _____
2. Liraantbteiac _____
3. Trawe _____
4. Mergs _____
5. Blebbus _____
6. Dansh _____
7. Sruvi _____
8. Inshwag _____



2016 Second Place Winner
(Ages 5-6):
Aanya G.
Mechanicsburg, PA

Hand Washing Songs

Wash, Wash, Wash Your Hands

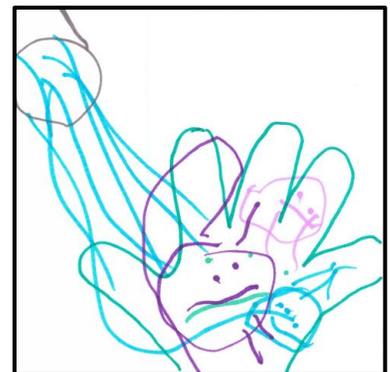
(Sing to the tune of "Row, Row, Row Your Boat")

*Wash, wash, wash your hands,
Play our handy game.
Rub and scrub and scrub and rub
Germs go down the drain
(repeat)*

Good and Clean

(Sing to the tune of "Happy Birthday")

*Wash my hands so good and clean
Wash my fingers and in between
Watch the germs all go away
Now they're clean, I'll go and play
(repeat)*



2016 Third Place Winner
(Ages Under 4):
Kendal R.
Dillsburg, PA

If you have any ideas or would like more information, please contact us. To unsubscribe, email knowwhentosayno@pa.gov.