FDA reminds consumers to wash their hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after coughing, sneezing, or blowing one’s nose. If soap and water are not readily available, the Centers for Disease Control and Prevention (CDC) recommends consumers use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that’s how germs enter our bodies.
Recent FDA product testing uncovered some hand sanitizers contaminated with toxic chemicals and some that have less than the required amount of the active ingredient. As a result, the FDA has created a list of hand sanitizers consumers should not use at www.fda.gov/unsafehandsanitizers.

The FDA is especially concerned about:

- The dangers of drinking any hand sanitizer under any conditions. While the FDA is particularly concerned about hand sanitizers with possible methanol or 1-propanol contamination, the FDA urges consumers not to drink any hand sanitizer product at any time, because alcohol poisoning, permanent disability, or death can result.
- Certain hand sanitizers that may contain less than the required amount of the active ingredient (such as ethanol or isopropyl alcohol).
- Hand sanitizers that are sold or offered for sale with false or misleading claims, such as the claim that they can provide prolonged protection (e.g., for up to 24 hours).
- Products that are sold with the fraudulent claim that they are “FDA-approved” because hand sanitizers are generally not approved by the FDA.
- Products packaged to appear as drinks, candy or liquor bottles, as well as products marketed as drinks or cocktails, because their appearance could lead to accidental ingestion or encourage ingestion. Children are particularly at risk with these products, since swallowing only a small amount of hand sanitizer may be deadly in a young child.

The FDA encourages health care professionals and consumers to report adverse events or quality problems experienced with the use of hand sanitizers to the FDA’s MedWatch Adverse Event Reporting program (please provide the agency with as much information as possible to identify the product):

- Complete and submit the report online; or
- Download the form or call 1-800-332-1088 to request a reporting form, then complete and return to the address on the form or submit by fax to 1-800-FDA-0178.

For more information:

- FDA Coronavirus Disease 2019 Information
- Coronavirus Disease 2019 Resources for Health Professionals