

Soap not only cleans your hands, it literally kills the coronavirus



Do you know how **soap** gets rid of **the novel coronavirus**?

One way that [COVID-19](#) can be spread is via the **hands**, therefore, we recommend constantly **washing with soap and water** for a minimum of 40 to 60 seconds, or using antibacterial hand gel with an alcohol base of 70%.



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HOW CAN I CATCH COVID-19 WITH MY HANDS?

By touching a surface contaminated with the novel coronavirus.

These surfaces become contaminated when an infected person **coughs or sneezes** and the saliva droplets that are expelled fall onto these objects.

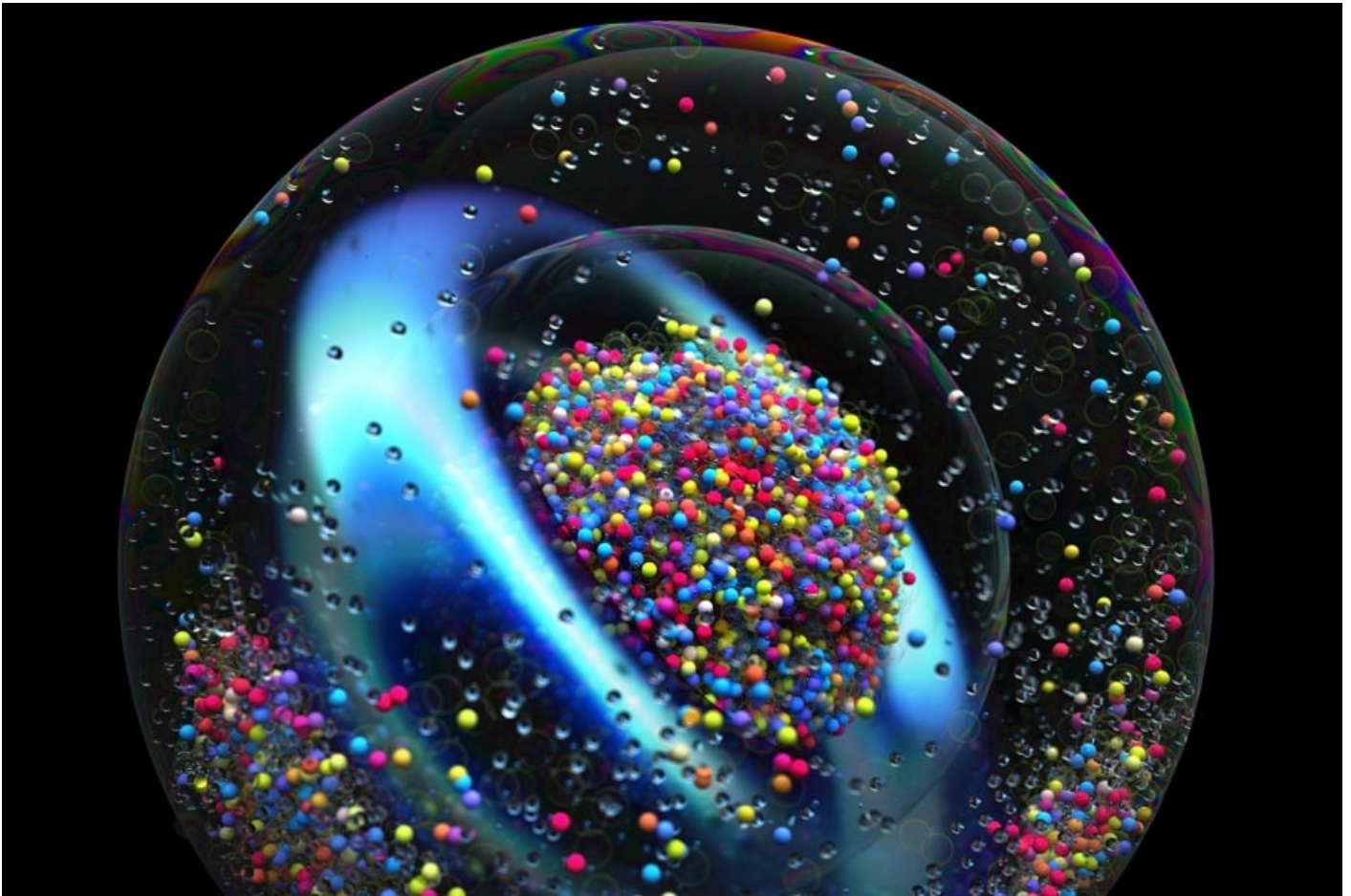
HOW DOES THE VIRUS ENTER MY BODY?

This happens when you touch your nose, eyes or mouth with your hand if it's contaminated.

HOW DOES SOAP WORK?

The effectiveness of soap against the **new coronavirus** is due to **two properties** that work together, which **also apply to dirt**:

One **part of the soap sticks to fats and oils**; the other **encapsulates these grease-soap bonds**.

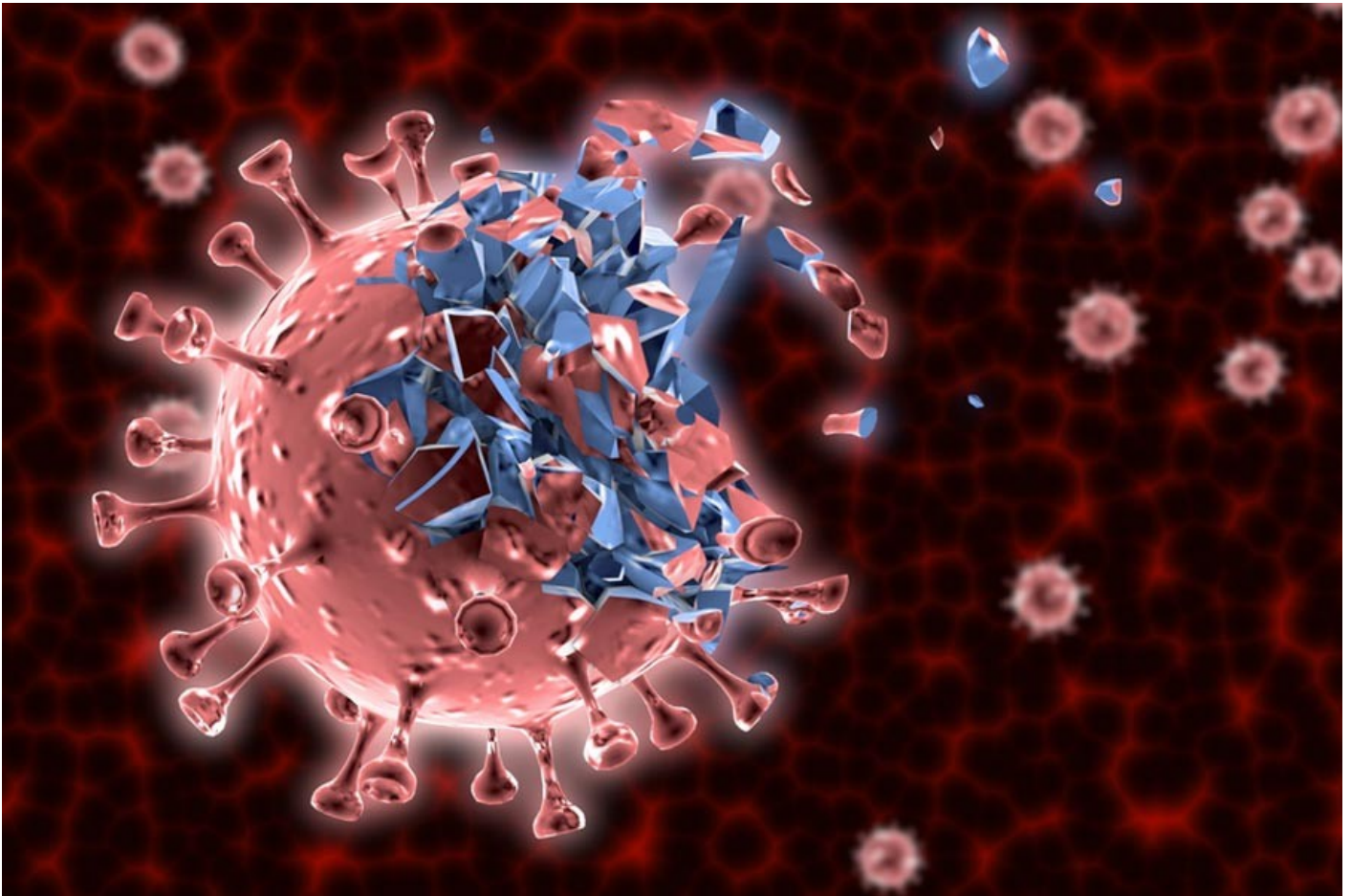


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HOW DOES SOAP KILL THE VIRUS?

The **SARS-CoV-2** coronavirus has a **fat membrane** on the outside and protruding peaks called **glycoproteins**. Inside the membrane is the virus' **ribonucleic acid (RNA)**.

When you wash your hands, the part of the soap that sticks to the fats **adheres itself to the virus membrane, forcibly breaking it and thus killing the virus.**



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HOW IS THE VIRUS DISPOSED OF?

The soap generates **small bubbles** called **micelles** in which the virus remains **are encapsulated**. **These are then removed by rinsing with water.**

<https://twitter.com/ConectaTECmx/status/1241877470560677894>

WHAT DO I NEED TO BEAR IN MIND?

The [World Health Organization](#) encourages using the proper **technique** to wash **your hands correctly**. They recommend not using hot water, keeping your nails well trimmed and not wearing false nails.

DON'T FORGET

The other way **of catching the virus** is through the **“cloud”** that comes out of other people's **noses and mouths**, which a healthy person then breathes in.

Referred to as a **“cloud”** by Dr. Hugo López-Gatell, national federal government expert in this area, this consists of both invisible microparticles and **visible droplets of saliva**, and is expelled

by:

- *Breathing*
- *Talking*
- *Singing*
- *Coughing*
- *Sneezing*

Dr. Michel Fernando Martínez, Head of the [TecSalud Epidemiological Surveillance Unit](#), reminded us that in the absence of soap and water, alcohol-based sanitizing gel can be used.

“We’re all responsible for our health, so I urge you to follow the basic preventive measures to prevent the rapid spread of COVID-19,” he added.

<https://twitter.com/ConectaTECmx/status/1241605572153077762>

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