

THE NEXT BEST THING AFTER THE SINK

If you're at a hawker centre and can't find a sink to wash your hands in, alcohol-based hand sanitisers or wet wipes are the next best defence against germs.

According to Dr Tan, alcohol kills bacteria. But this method only works if your hands are not covered by organic substances such as mucus or blood, as alcohol does not completely get rid of the germs that hide in these substances.

Not all alcohol-based sanitisers are equally effective, though. According to Raffles' Medical senior physician Dr Wong Wei Mon, whether you're using alcohol-based wipes or rubs, the alcohol concentration should be above 60 per cent for germs to be effectively killed.