Washing your hands with soap for 20 seconds is enough time for the fat envelope to dissolve and the virus to fall apart.

The coronavirus that causes COVID-19 is wrapped in an envelope of fat. The layer of fat is dissolved by soap; when it is dissolved, the virus falls apart into useless pieces.

The kind of soap doesn’t matter—no need for it to be antibacterial or have special characteristics. The temperature of the water doesn’t matter.

Washing your hands with soap for 20 seconds is enough time for the fat envelope to dissolve and the virus to fall apart.

Once the virus falls apart, it can no longer infect you or others.