

# HAND WASHING

**Clean those hands!** Make sure your hands are clean before touching your eyes, nose, or mouth—all places where germs can get past your skin and into your body and make you sick.

1



**WASH** your hands before meals, after using the restroom, and after sneezing or coughing into your hands.

2



**USE SOAP** and **SCRUB** well to remove soil and germs (microbes that can make you sick) that water can't remove by itself.

3



**SING** and wash your hands for at least 20 seconds, or the time it takes to sing (or hum) the "Happy Birthday" song twice.

4



**DRY** your hands, because wet hands can spread up to 1000 times more germs than dry ones.

If unable to use soap and water, use a hand sanitizer made of at least 60% alcohol, rubbing the product all over your hands, and waiting until the sanitizer has dried completely. Soap and water are preferable because alcohol does not eliminate or remove germs and chemicals the same way soap and water can.



For more information please visit:  
[stlouis-mo.gov/covid-19/](https://stlouis-mo.gov/covid-19/)



SAINT LOUIS  
**SCIENCE  
CENTER**