

# Staying Healthy

Washing your hands is the best way to stay healthy and stop the spread of germs. This guide will teach you more about how you can help Stanford Children's Health prevent infection.

## The 7 Steps to hand hygiene



## Extra Tips for Washing Hands

- Use soap and water whenever possible or sanitizer gel with more than 60% alcohol.
- Wash your hands for 20 seconds. Sing 'Happy Birthday' twice to yourself. This takes about 20 seconds and will help you track time.

## Other things you can do

If you want to avoid germs, there are some other things you can do, like:

- **Keeping Phones Clean:** Wipe down your phone with disinfectant wipes and keep your clean phone in a plastic bag. This will help keep it clean from germs.