

HANDWASHING SONGS

By Lynn Brookes, Community Health Nurse, Lake County CA Public Health

To the tune of Jingle Bells:

Wash your hands. Wash your hands.
Wash them more and more.
Not just when they're dirty
Or when your throat is sore.
Oh, Wash your hands. Wash your hands.
It's an easy thing to do.
It can keep you healthy, so you don't get the flu.

As you travel To and Fro
And are out there on the go
If a sink you have not got
This will help you on the spot
A little squirt will do, it will help when germs arise
Just open up the bottle and you can sanitize.

Oh! Wash your hands. Wash your hands.
Protect from Corona and Noro
Rub your hands back and forth, making sure you're thorough!
Wash your hands. Wash your hands.
Wash all the germs away.
Follow these directions and Healthy you will stay. HEY!

To the tune of Take Me Out to the Ballgame:

Take Germs out of the Flu Game,
Take them out and be well.
Wash hands with water and liquid soap
Increasing your chances of wellness, I hope.
You can also use Sanitizer,
If a sink and water you lack.
For it's time to Protect Your Health
And push viruses back!