

Hand Washing Rap

Washing our hands is the single most important way that we can help keep germs from spreading, and help people from getting sick. When washing our hands, we start with warm water, lather up with soap, and scrub our hands for 20 seconds. We need to be careful to clean between all of our fingers and beneath our fingernails.

To make sure that we scrub our hands for 20 seconds, let's practice while saying the "Handwashing Rap."

Hand Washing Rap

You gotta' wash your hands, and
You gotta' wash 'em right,
Don't give in to germs
Without a fight.



Use water that's warm
And lots of soapy bubbles,
These are your weapons for preventing germ troubles.



Don't cut your time short
Your fingers— get between—
It takes 20 seconds
To make sure they're clean.

Gotta' wash, gotta' wash
Gotta' wash your hands,
Gotta' wash, gotta' wash
Gotta' wash your hands.