

School Health Promotion Morning Announcements

DECEMBER: Wash Your Hands



Song:

[Start speaking here.]

Everyone knows the song “Twinkle Twinkle Little Star” – but during cold and flu season, we suggest singing slightly different words!

(Sung to tune of “Twinkle Twinkle Little Star.”)

Wash your hands & keep them clean
When you cough & when you sneeze.
Keep the flu and colds at bay,
Wash them many times a day.
Wash them so that it may seem
Colds and flu are just bad dreams.

How to wash your hands properly: Use soap and warm water. Make a lather. Scrub thoroughly for 20 seconds – palms, back of hands, between fingers, under nails. Rinse well and use a paper towel to shut off the faucet. Dry hands completely.

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