

APhA: Trooper Turtle

HANDWASHING SONG



(To the tune of Row, Row, Row Your Boat)

Wash, Wash

Wash your hands

Wash them nice and clean.

Scrub them here

(with hand motion scrubbing together)

Scrub them there

(with hand motion scrubbing tops of hands)

And scrub them in between

(with hand motion scrubbing between fingers)

Wash, Wash

Wash your hands

Play our handy game

Rub and scrub, scrub and rub

Germs go down the drain, HEY!

Remember to scrub your
hands for at least 20 seconds!

DO YOU KNOW...

How germs spread?

- Touch your eyes, nose, and mouth with unwashed hands
- Make or eat food and drinks with unwashed hands
- Touch dirty surfaces or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

When to wash your hands?

- Before eating food
- Before and after taking care of a sick friend or family member
- Before and after treating a cut or wound
- After using the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food, or animal waste
- After touching trash
- After coming home from a public area

Handwashing is the best ways to protect you and your family from getting sick!

Information from CDC: Handwashing Saves lives.

Visit the CDC's website for more information: [cdc.gov/handwashing](https://www.cdc.gov/handwashing)