

# Hand Hygiene

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.

Follow the steps below to make sure you are properly washing your hands. The entire process should take about **20-30 seconds**. Sing any of the songs listed here to time yourself! →



**1**  
APPLY SOAP



**2**  
PALM TO PALM



**3**  
BACKS OF HANDS



**4**  
FINGERS INTERLACED



**5**  
BASE OF THUMBS



**6**  
UNDER FINGERNAILS



**7**  
FOCUS ON WRISTS



**8**  
RINSE HANDS



**9**  
DRY HANDS

## "The Wheels on the Bus" x2

The wheels on the bus go round and round  
Round and round  
Round and round  
The wheels on the bus go round and round  
All through the town

## "Twinkle Twinkle Little Star" x2

Twinkle, twinkle, little star  
How I wonder what you are  
Up above the world so high  
Like a diamond in the sky  
Twinkle, twinkle little star  
How I wonder what you are

## "You're Welcome" from Moana x2

What can I say except you're welcome  
For the tides, the sun, the sky  
Hey, it's okay, it's okay  
You're welcome  
I'm just an ordinary demi-guy

## "Happy Birthday" x2

Happy birthday to you  
Happy birthday to you  
Happy birthday, dear [name]  
Happy birthday to you

## "I Just Can't Wait to be King" from Lion King

Everybody look left  
Everybody look right  
Everywhere you look, I'm  
Standin' in the spotlight  
Not yet!  
Let every creature go for broke and sing  
Let's hear it in the herd and on the wing  
It's gonna be King Simba's finest fling  
Oh, I just can't wait to be king

## "Colors of the Wind" from Pochahantas

Have you ever heard the wolf cry to the blue corn moon  
Or asked the grinning bobcat why he grinned  
Can you sing with all the voices of the mountains  
Can you paint with all the colors of the wind  
Can you paint with all the colors of the wind

## "You've Got a Friend in Me" from Toy Story

You've got a friend in me  
You've got a friend in me  
When the road looks rough ahead  
And you're miles and miles from your nice warm bed  
You just remember what your old pal said  
Boy, you've got a friend in me  
Yeah, you've got a friend in me

## "Let it Go" from Frozen

Let it go, let it go  
Can't hold it back anymore  
Let it go, let it go  
Turn away and slam the door  
I don't care what they're going to say  
Let the storm rage on  
The cold never bothered me anyway

## "Under the Sea" from The Little Mermaid

Under the sea  
Under the sea  
Darling it's better  
Down where it's wetter  
Take it from me  
Up on the shore they work all day  
Out in the sun they slave away  
While we devotin'  
Full time to floatin'  
Under the sea