

# SINGING AT THE SINK

Sing or hum these 15-second jingles  
as you lather and scrub!



4th Grader at Sanderson Academy-Ashfield

## To the Tune of "I'm Gonna Wash that Man Right Out of My Hair"

I'm gonna take that soap and lather it up  
I'm gonna wash those germs from under my nails  
I'm gonna wash those germs right off of my hands  
And send them down the drain

## To the tune of "Hey Jude"

Hey you, go wash your hands  
Take some soap and warm water  
Remember to scrub all over your skin  
Then you begin to make it better

## To the tune of "Twinkle, Twinkle Little Star"

Little germ you are so small  
But oh how sick you make us all  
Soap and water I will use  
To keep away colds and flus  
Oh how easy it will be  
To wash you away from me

## THE BEST WAY TO WASH YOUR HANDS:

- Use warm water and liquid soap
- Rub hands together for at least 15 seconds, making lots of suds
- Rinse under warm, running water
- Dry hands with a paper towel
- Use the paper towel to turn off the faucet



**Baystate  
Franklin Medical Center**

Hand Hygiene Jingles - written by staff members  
at Baystate Franklin Medical Center