



20 Seconds!

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Today

HAND-WASHING TIMES

BREAKING NEWS FROM THE CDC

The Centers for Disease Control (CDC) announced today that 1 in 6 Americans gets sick from food each year. We were shocked to learn that

According to the CDC, 1 in 6 Americans gets sick from food each year.

many of these illnesses can be prevented by proper handwashing!

The CDC adds, "Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick."

The CDC recommends washing your hands in hot, soapy water for 20 seconds. Rub your hands together vigorously, and make sure to scrub between your fingers and underneath your nails. Rinse your hands with clean running water, and dry completely with a paper towel.

For more information, visit the CDC website at www.CDC.gov

Top 10 ways to spend 20 seconds:

10. Counting to 20-Mississippi
9. Watching the second-hand go from 12 to 4
8. Watching the second-hand go from 4 to 8
7. Watching the second-hand go from 8 to 12
6. Singing Twinkle Twinkle Little Star
5. Singing the Alphabet Song
4. Singing Happy Birthday to two of your favorite people
3. Singing Happy Birthday to two strangers
2. Saying The Pledge of Allegiance twice

And the Number 1 way to spend 20 seconds:

1. Washing your hands with hot soapy water!