

Wash Your Hands Rap  
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Aye, I'm gonna rap you this song  
I promise its not that long  
Just listen for a while,  
Then you can run along

There's loads of bacteria  
found in cafeterias  
So be careful to clean  
and not cause any hysteria

There's microbes in the air  
There's microbes in your hair  
You can't see 'em but they're there  
I promise, they're everywhere

If you don't know how to  
I'll do a quick run through  
It's really quite easy  
It's time to learn something new

These nasty germs are kinda killa'  
So don't get salmonella  
Wash your hands  
And avoid the dilemma

You gotta wet your hands, then soap  
Rub a dub to get full scope  
Don't skip a step  
And you can keep up the hope

E. Coli's next on our list  
It's not to be dismissed  
Can cause some bloody diarrhea  
Which would make me kinda pissed

The action won't be as effective  
If you don't follow the directive  
So do it right first  
And you'll get the whole collective

These germs aren't very fun  
And they affect everyone  
So it's important to know  
That they can become undone

It's better to be safe  
So listen and behave  
You better wash your hands  
Before you end up in a grave.

If you wash 'em before you eat  
Especially when there's meat  
You can lower the risk  
So you can enjoy your feast

Post Rap Analysis

- "There's microbes in your hair"
  - each body has its own unique microbiota (meaning that there are resident bacterias that live on the body... not necessarily bad microbes(less than 10% are harmful)
- "So don't get salmonella"
  - *Salmonella spp.*
  - can be caused by contaminated water so be sure to use clean water and soap
- "E.Coli's next on our list"
  - Enterohaemorrhagic *Escherichia coli*
  - In severe cases, it can caus bloody diarrhea and abdominal cramps
  - young children and elderly are most vulnerable according to WHO
- "These germs aren't very fun, And they affect everyone"
  - Handwashing is one of the main ways to prevent germ transmission as well as health care-associated infections (HAIs)

- “There’s loads of bacteria found in cafeterias”
  - Tables that have been “washed” with a rag are normally full of bacteria due to servers reusing the same rag for each table and not using a clean one
- “Wash em before you eat, especially when there’s meat”
  - Bad hand washing when dealing with raw meats in cooking can lead to food borne illnesses
  - for example touching raw meat then other objects in the kitchen only moves germs around making it easier to spread according to USDA FSIS
- “Before you end up in a grave”
  - Diarrheal disease-associated deaths can be reduced up to 50% and respiratory infections can be reduced by 16% just by washing hands according to the CDC

## **WORKS CITED**

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