

Germs are NASTY all around.  
Nasty Germmies going down!  
Soap and water Left and Right.  
Squish them, slide them, lace them  
tight.

Ring each wrist then do both thumbs.  
Biker handle – Vrumm vrumm vrumm  
Biker handle -Vrumm vrumm vrumm

Clean your tips that touch to pray.  
Wash your hands A LOT each day!

By Gail Goldstein CCC-SLP,  
[www.mypainalert.com](http://www.mypainalert.com)

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