You’d Better Wash Your Hands

from the Beatles’

“I Want To Hold Your Hand”
Oh yeah, I’ll tell you something
I think you’ll understand
For the sake of sanitation
You’d better wash your hands
You’d better wash your hands
You’d better wash your hands
Before, and after meals
And when you use the can
Soap and water
For twenty seconds
Should be part of your plan
That’s how you wash your hands
That’s how you wash your hands
And when you’re finished
You’ll feel happy inside

Washin’ so thorough that microbes
They can’t hide
They can’t hide
They can’t hide
Make sure you wash your nails
And dry with towel or fan
Prevent those nasty microbes
From spreadin’ cross the land
You’d better wash your hands
You’d better wash your hands
And when you’re finished you’ll feel happy inside
Washin’ so thorough that microbes
They can’t hide
They can’t hide
They can’t hide
Oh yeah, I’ll
Tell you something
I think you’ll understand
For the sake of sanitation

You’d better wash your hands
You’d better wash your hands

Why don’t you wash your hands
People, there’s no need to despair
If you're worried 'bout your food, land, and air
I can tell you, there are people who care
There's no need to be unhappy
U.S.D.A.

People, there's a place you can go
Where there's research
On how to make your plants grow
And some programs
That pay the growers some dough
Even when they don't plant nothing
It’s fun to work with the U.S.D.A.

They are everything

An agency can be

They look out for you and me
It's fun to work with the U.S.D.A.

Congress legislates

Then they regulate

They get to make all the rules
If you’re worried 'bout microbes in your beef
FSIS, they’ll provide some relief
Their inspectors have sharp authority teeth
They'll put the bad guys out of business
Food stamps,
Yes they handle those too
School lunches,
here\'s some pizza for you
And extension,
to teach us all that is new
It is really quite impressive
U.S.D.A.
It's fun to work with the U.S.D.A.
They are everything
An agency can be
They look out for you and me
U.S.D.A.

It's fun to work with the U.S.D.A.
It's fun to work with the U.S.D.A.
Congress legislates
Then they regulate
They get to make all the rules
If those Medflies try to get in your way
They've got APHIS there to enter the fray
And they're armed with malathion to spray
So our growers need not worry
If disasters come and wipe out the farm
Crop insurance is there to lessen the harm
If there's surplus, there's no need for alarm
Thanks to price supports and Congress
It's fun to work with the U.S.D.A.
They are everything
An agency can be
They look out for you and me
It's fun to work with the U.S.D.A.
Congress legislates
Then they regulate
They get to make all the rules
THEY MIGHT KILL YOU

Buddy you're a young man, dumb man, careless,

And you're gonna make someone quite sick someday
You got spores on your plate
They'll incubate
There's trouble if you cross-contaminate
THEY MIGHT KILL YOU

Microbes they might kill you
Microbes they might kill you

salmonella
e coli 157
WE ARE THE MICROBES

Toilin’ with the fast food
Bad mood, careless
It don’t matter if their burgers
stay pink inside
Servin’ up a storm
With coliform
0157’s deadly if it don’t get warm
THEY MIGHT KILL YOU

Botulism

Microbes they might kill you
Microbes they might kill you
Microbes they might kill you
Microbes they might kill you
FIGHT BAC!
WE ARE THE MICROBES

We’re always the targets
We evoke lots of fear
Bombarded with chlorine, pH, gamma rays
To make us disappear
WE ARE THE MICROBES

But we’re naturally occurring
Nature pulls our reins
And when there’s trouble
We mutate into really virulent strains
WE ARE THE MICROBES

We are the microbes, my friend
And we’ll keep dividing
Till the end
We are the microbes
We are the microbes
No time for chlorine
Cause we are the microbes
In your food

shigella
WE ARE THE MICROBES

We’ll mess up your kidneys
GI damage we’ll do
We go by clostridium, E. coli, salmonella
Just to mention a few

Salmonella

vibrio
WE ARE THE MICROBES

We like sprouts and lettuce

Salami and stew
WE ARE THE MICROBES

You'll find us on chicken, soft cheeses, fruit juices and hamburgers too
WE ARE THE MICROBES

We are the microbes, my friend
And we’ll keep dividing
Till the end
We are the microbes
We are the microbes
No time for chlorine
Cause we are the microbes
In your food
WE ARE THE MICROBES

We are the microbes, my friend
And we’ll keep dividing
Till the end
We are the microbes
We are the microbes
No time for chlorine
Cause we are the microbes
In your food
Don’t Git Sicky Wit It

On your mark

ready  set  let’s go
Don’t Git Sicky Wit It

Got a PHD better listen to me
If you don’t watch out its RIP
Careful with your food, don’t get sicky wit it
Hey that’s it, take a look at the stats
From CDC they’re some pretty smart cats
Each year in the states lots of folks be illin’

CDC says ‘bout 48 million
Don’t Git Sicky Wit It

Burgers, chicken, part of our nutrition

If you don’t know what you’re doin you might need a mortician

Little tiny bugs...the eye can’t see

Salmonella, clostridium, and one called E. Coli they’re all bacteria
Like listeria you’ll feel inferior

Those bugs’ll do a number on your interior

Careful with your food, don’t get sicky wit it
Don’t Git Sicky Wit It

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t Git Sicky Wit It

You don’t wanna get sick, you know that’s true

Let the E. coli Elvis
tell ya what you can do

Follow what I say hey it ain’t so hard
And you won’t be needin’ no get well card
Don’t Git Sicky Wit It

When you’re bakin’ some chicken

or frying some meat

Gotta cook it long enough and use enough heat

To kill the bugs,

nuke ‘em all the way through

Gotta get to them before they get you
Don’t Git Sicky Wit It

Chill it in the fridge
till it’s time to prepare

When it’s *rare*,

*beware*, handle it with care
Don’t Git Sicky Wit It

Take the time to separate
Don’t contaminate,
or use the same plate
With your other food
you might mix the juices
And give bacteria excuses
To cause some digestive abuses

Careful with your food, don’t get sicky wit it
Don’t Git Sicky Wit It

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t Git Sicky Wit It

Remember these tips for sanitation
Else you’ll need hospitalization

If it’s leftover, you got the power
To get it in the fridge within two hour

Wash the counter with soap and water
When you’re done with that then you oughta
Do the same with your hands,
20 seconds is the plan

Careful with your food, don’t get sicky wit it
Don’t Git Sicky Wit It

That’ll help you out when you cook at home
But what should you do when you’re on the roam?
Fast food, eatin’ out,

BK or Mickey D’s

Keep a lookout for McColi with cheese
Don’t Git Sicky Wit It

Open up your burger, take a look inside
If it’s pink, raise a stink,
bring it back, you could’a died

Woman or man
gotta do what you can

Careful with your food, don’t get sicky wit it
Don’t Git Sicky Wit It

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na na nana
Don’t get sicky wit it

Na na na na na nana, na na na na na nana