The Centers for Disease Control recommends washing hands for at least 20 seconds to help stop the spread of viruses and germs. Here are some popular song choruses to sing in your head to help you reach that 20 second goal!

**Landslide – Fleetwood Mac**
Well, I've been afraid of changin'
'Cause I've built my life around you
But time makes you bolder
Even children get older
And I'm gettin' older, too

**Just the Way you are – Bruno Mars**
When I see your face
There's not a thing that I would change
'Cause you're amazing
Just the way you are
And when you smile
The whole world stops and stares for a while
'Cause girl you're amazing
Just the way you are

**Heaven is a Place on Earth - Belinda Carlisle**
Ooh, baby, do you know what that’s worth?
Ooh, heaven is a place on Earth
They say in heaven love comes first
We’ll make heaven a place on Earth
Ooh, heaven is a place on Earth”

**Mr. Brightside - The Killers**
Jealousy, turning saints into the sea
Swimming through sick lullabies
Choking on your alibis
But it's just the price I pay
Destiny is calling me
Open up my eager eyes
'Cause I’m Mr. Brightside

**Wagon Wheel – Old Crow Medicine Show**
So rock me momma like a wagon wheel
Rock me momma any way you feel
Hey, momma rock me
Rock me momma like the wind and the rain
Rock me momma like a south bound train
Hey, momma rock me

**Jolene – Dolly Parton**
Jolene, Jolene, Jolene, JoleeeEEEEEEeeene
I’m begging of you please don’t take my man
Jolene, Jolene, Jolene, JoleeeEEEEEEeeene
Please don’t take him just because you can

**Africa - Toto**
It’s gonna take a lot to drag me away from you
There’s nothing that a hundred men or more could ever do
I gonna the rains down in Africa
Gonna take some time to do the things we never had

**Panic at the Disco – High Hopes**
Had to have high, high hopes for a living
Shooting for the stars when I couldn't make a killing
Didn't have a dime but I always had a vision
Always had high, high hopes
Had to have high, high hopes for a living
Didn't know how but I always had a feeling
I was gonna be that one in a million
Always had high, high hopes

**Lose Yourself – Eminem**
You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime
You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime

**Shake it Off – Taylor Swift**
'Cause the players gonna play, play, play, play
And the haters gonna hate, hate, hate, hate
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off
Heart-breakers gonna break, break, break, break, break
And the fakers gonna fake, fake, fake, fake, fake
Baby, I'm just gonna shake, shake, shake, shake, shake
I shake it off, I shake it off