

## HEALTHY THE SNOWMAN

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Healthy the snowman was a health conscious soul,  
He washed his hands after rubbing his nose,  
as good handwashing was his goal.  
Healthy the snowman was always well, they say,  
He didn't get the flu and the children knew  
he used hand sanitizer throughout the day.  
There must be something to the  
prevention tips they found.  
For when they followed Healthy's tips  
there was no sickness around.  
O, Healthy the snowman washed his hands  
before preparing and eating a meal,  
He washed them even more frequently  
when around someone who was ill.  
He told the kids to wash their hands  
while singing the ABC song,  
and be sure their handwashing lasted  
through this 15 second song.

Anyone who would like to make a suggestion on a safety and/or health related article they would like to read in 2005 may contact me via e-mail at [jeremiah@hoosieruplands.org](mailto:jeremiah@hoosieruplands.org) or by sending a letter to: Melissa Jeremiah, RN, Hoosier Uplands Home Health Care and Hospice, P.O. Box 9, Mitchell, IN 47446.