

Hand-Cleaning Choruses (inspired by the Charles R. Wood Theater post)

Don't be afraid – just be aware! COVID-19, a member of the Corona virus family, is front and center these days. Since we know that hand-washing is one of the BEST ways to stop the spread of germs, **pick a chorus below and SING/HUM/WHISTLE as you WASH your hands** to help keep you and others healthy in any season. See the next page for some helpful facts from cdc.gov.

A Million Dreams/The Greatest Showman

'Cause ev'ry night I lie in bed
The brightest colors fill my head
A million dreams are keepin' me awake.
I think of what the world could be,
A vision of the one I see
A million dreams is all it's gonna take.
Oh, a million dreams
For the world we're gonna make. (29 sec)

Let It Go/Frozen (25 sec)

Let it go, let it go;
Can't hold it back anymore.
Let it go, let it go;
Turn away and slam the door.
I don't care what they're going to say;
Let the storm rage on.
The cold never bothered me anyway.

Let's Go Fly a Kite/Mary Poppins

Let's go fly a kite up to the highest height.
Let's go fly a kite and send it soaring
Up through the atmosphere,
Up where the air is clear.
Oh, let's go fly a kite! (25 sec)

Do Re Mi/The Sound of Music (27 sec)

Do: a deer, a female deer
Re: a drop of golden sun
Mi: a name I call myself
Fa: a long, long way to run
So: a needle pulling thread
La: a note to follow sew
Ti: a drink with jam and bread
That will bring us back to Do!

Do You Hear the People Sing/Les Miserables

Do you hear the people sing?
Singing the song of angry men?
It is the music of the people
who will not be slaves again!
When the beating of your heart
Echoes the beating of the drums
There is a life about to start
When tomorrow comes! (20 sec)

It's a Small World/Walt Disney World

It's a small world after all,
It's a small world after all,
It's a small world after all,
It's a small, small world.
(sing twice) (28 sec)

Master of the House/Les Miserables

Master of the house, doling out the charm
Ready with a handshake and an open palm
Tells a saucy tale, makes a little stir
Customers appreciate a bon-viveur
Glad to do a friend a favor
Doesn't cost me to be nice
But nothing gets you nothing
Everything has got a little price! (21 sec)

Toreador's Song/Carmen (23 sec)

Toreado, fight well and hard
Proud as a king, yours is the ring
And after you have won the victor's crown,
Earn your sweet reward: Your seniorita's love,
Toreador, Your seniorita's love.

Some basic facts from www.CDC.gov/coronavirus

- **Who's most at risk?** Older adults; people with severe chronic illnesses (e.g., heart disease, diabetes, lung disease)
- **What is it?**
 - Corona viruses are a large family of viruses. Some cause illness in people, and others . . . only infect animals. Rarely, animal coronaviruses that infect animals have emerged to infect people and can spread between people. This is suspected to have occurred for the virus that causes COVID-19. MERS (Middle East Respiratory Syndrome) and SARS (Severe Acute Respiratory Syndrome) are two other examples of coronaviruses that originated from animals and then spread to people.
 - This virus was first detected in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, but the virus is now spreading from person-to-person. Important: person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so.
 - The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in [some affected geographic areas](#). Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.
- **Preventions**
 - Wash your hands frequently
 - Avoid touching your eyes, nose, and mouth
 - Stay home when you are sick
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash
 - [Clean and disinfect](#) frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.
- **Symptoms** (2-14 days after exposure)
 - Fever
 - Cough
 - Shortness of breath