

Chan: Lave Men Ou (Song: Wash Your Hands)

Men pwòp se zanmi lasante

Clean hands are the friends of good health

Men sal se lenmi lasante

Dirty hands are the enemies of good health

Chak fwa lè ou tounen lakay ou (lave men ou)

Every time you come home (wash your hands)

Chak fwa apre ou soti nan twalèt (lave men ou)

Every time after you go to the bathroom (wash your hands)

Chak fwa anvan ou fè manje (lave men ou)

Every time before you prepare food (wash your hands)

Chak fwa anvan ou pran manje (lave men ou)

Every time before you eat (wash your hands)

Chak fwa apre ou soti nan jaden (lave men ou)

Every time you come out of the garden (wash your hands)

Chak fwa apre ou soti nan mache (lave men ou)

Every time you leave the market (wash your hands)

Bliye manje men pa janm bliye (lave men ou)

Forget to eat, but never forget to wash your hands

Premye Kouplè (First Verse):

Tande gen yon danje la nan plat men ou

Listen! There is danger in the palm of your hand

Mikwòb ki kache nan men ou kapab fè ou malad

Germs that hide there can make you sick

Jèm sa yo ka ba ou maladi tankou

These germs can give you diseases like

Dyare fyèv jòn tifoyid pou pou san

Diarrhea, Yellow Fever, Typhoid and bloody stool

Konsa ou dwe lave men ou plizyè fwa pa jou

Thus you should wash your hands several times per day

Sitou lè ou soti nan twalèt epi anvan ou sèvi ak manje

Especially after you use the toilet and before you handle food

Dezyèm Kouplè (Second Verse):

Kenbe men ou pwòp pou pa fè tèt ou malad

Keep your hands clean so you don't get sick

Kenbe men ou pwòp pou pa fè lòt moun malad

Keep your hands clean so you don't make someone else sick

Si ou fè sa l'ap ede ou rete an sante

If you do that it will help you stay healthy

Si ou fè sa w'ap evite transmèt move jèm

If you do that you will avoid spreading bad germs

Konsa tout moun ap gen bon lasante

That way everyone can have good health

Sitou lè ou sèvi ak dlo pwòp ak bon savon

Especially if you use clean water and good soap