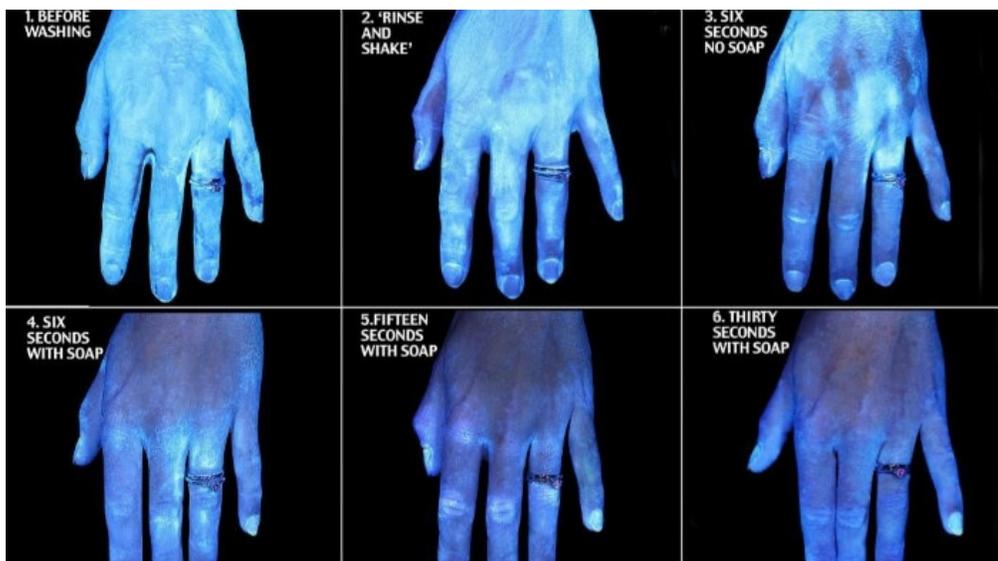


The Holiness of Handwashing: Lessons from Ancient Jewish Wisdom and Instagram Celebs



Actress Kristen Bell posted this image on [her Instagram](#) the other day with the caption: "My mom sent me the handwashing blacklight comparison. 30 SECONDS WITH SOAP YALL!!!"

Aside from Bell's mother's very relatable, low-key guilt trip in pursuit of clean hands, this image is a reminder that I haven't been adequately washing my hands for many years.

With coronavirus (COVID-19) containment in full swing, handwashing has been front and center of preventative efforts, including the many songs you can sing

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