#20SecondsOrMore: #WashYaHands Challenge

The Challenge

Record yourself dancing along to these videos and show us how you #WashYaHands for #20SecondsOrMore. Don't forget to tag 3 people to join you!

Sample Posts

Twitter	Challenge accepted @HHPHorg! We can all make a difference. Join us and #WashYaHands for #20SecondsOrMore 🚗👋 We're tagging @tag1, @tag2 & @tag3!
Facebook	Let's protect everybody we love 🚗👋. We're taking on Hip Hop Public Health's challenge to #WashYaHands for #20SecondsOrMore. We're tagging @tag1, @tag2 & @tag3!
Instagram	We're taking on @HHPHorg's #WashYaHands challenge! It only #20SecondsOrMore to make a difference. Join us @tag1, @tag2 & @tag3 🚗👋
TikTok	Challenge accepted @HipHopPublicHealth! #WashYaHands for #20SecondsOrMore 🚗👋 @tag1, @tag2, @tag3.

Reminders

- Use the hashtags: #WashYaHands and #20SecondsOrMore
- Tag us in your video so we can share it with everybody. Follow us on:
    - Twitter: @HHPHorg
    - Facebook: @HHPHorg
    - Instagram: @HHPHorg
    - TikTok: @HipHopPublicHealth
- If you're uploading on TikTok:
    - Use the official sound - search for "20 Seconds or More ft. Doug E. Fresh, Artie Green and Gerry Gunn
    - Or post your video as a reaction/duet to our TikTok challenge video
- 20 Seconds Or More is available on TikTok, Spotify, Apple Music, iTunes, YouTube, Amazon Music, Pandora and iHeartRadio
- More information and resources available at HHPH.org/20SecondsOrMore