

How well do you wash your hands?!

The Glo Germ Challenge:

How clean can you get your hands? How clean should you get them?



1. Rub a dot of glo germ all around on your hands.

2. Check your hands with a UV light in the dark to see how the “germs” are spread on your hands.



3. Wash your hands as you normally would.

What variables do you control: Do you use soap? Do you use hot or cold water? How long do you rub your hands together? Do you rinse?

3. After washing check hands again with the UV light in the dark.

Did you get all of it off?

What areas are hardest to wash?

Is it ok to still have some microbes on our hands?*



The GloGerm Challenge

Set up: On a table, to the left set up a 20-gallon plastic bin covered with a heavy duty black plastic bag (that's your "darkroom"). In the middle of the table have two bottles of pump soap and two dishpans with warm water (use a coffemaker to warm the water). To the right, have some paper towels. You'll also need a trash can and sponge to clean up.

The Challenge:

"How clean can you get your hands? And how can you know if you're really getting them as clean as they seem?"

"Whether you're a surgeon or a chef, is it important to be able to get your hands clean? Is it also important to be able to show how well you can get your hands clean?"

Stand next to the "darkroom" with the UV light in your left hand and the bottle of GloGerm in the right.

Offer the GloGerm to anyone by extending the bottle in your right hand. You can either dispense the drop of GloGerm into the kid's hand, or you can give the bottle to the kids and coach them to use just a drop, just a little bit.

Then ask the kids to "Rubadubdub your hands together to spread the GloGerm around." This GloGerm represents germs that have been on your hands all day from touching different surfaces. Ask, "What are some surfaces that assist in spreading germs?" while they are rubbing their hands together.

"Now, we'll use this special light, this UV light, in the dark room to check out how the GloGerm orange glop is spread"

"Next, wash your hands anyway you want. What things do you have under your control? Do you get to decide to use water? Soap? Whether to rub or not? How long you rub? Whether you rinse or not? Whether you dry your hands or not?"

After washing, let's check to see how well you washed. Ask, "How can you check if you got rid of all the Glo-Germ?"

Take the UV light and check it out again in the darkroom. Look at your fingernails and knuckles and wrists.

"Whether you're a surgeon or a chef, is it important to be able to get your hands clean? Is it also important to be able to show how well you can get your hands clean? Did other methods work better than some? Does Hand sanitizer remove the germs or just kill them and leave them on your skin?" What other questions can you come up with?

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