

Wash your hands!

Introduction

Think about everything you have touched today? From door handles to your mobile phone- viruses are everywhere! They are also invisible to the naked eye. One way to defend yourself from becoming sick from viral infection is by **washing your hands**.

Activity One

The aim of this activity is to help pupils understand how easily viruses spread. Cover a ball with a lotion that glows in the dark and then get the pupils to pass the ball back and forth between them.

After 5 minutes, use a UV light in a dark space to illuminate the lotion. They will see their hands light up. This shows that the lotion has transferred from the ball to the hands of all the pupils who touched it. As the lotion represents viruses - any viruses on the ball will also have transferred to their hands!



Activity Two

Ask all the pupils who touched the ball to now wash their hands with soap and water. Then check their hands again using the UV light. If the pupils have washed their hands correctly, their hands should be clean of the lotion when shone under the light!

Wash your hands!

List of materials required:

- Glow in the dark lotion
- UV light or torch
- A ball
- Access to a sink or warm water
- Soap
- Hand gel
- A dark room or space

We used the Glitterbug hand hygiene kit from FoodSafetyDirect.co.uk that included the lotion and the UV light

Length of activity

This activity can last between 15 – 30 minutes depending on number of pupils

Extra activities

Ask half of the students to wash their hands with soap and water. Ask the other half to use hand gel to get rid of the lotion. How does soap and water compare to gel in cleaning your hands?

You could also test out how different hand gels compare with each other? Or if washing hands for different lengths of time affects how well the lotion is removed?

