

Why 20 seconds?

Handwashing Explained with Glow Germ™ and Blue Light



Objectives of Activity

- Demonstrate Glow Germ™ model to show germs on dirty un-washed hands.
- Demonstrate washing hands for 7, 14 and 20 seconds.
- Demonstrate key areas of hands that are hard to wash.
- Demonstrate what clean washed hands look like after 20 seconds.

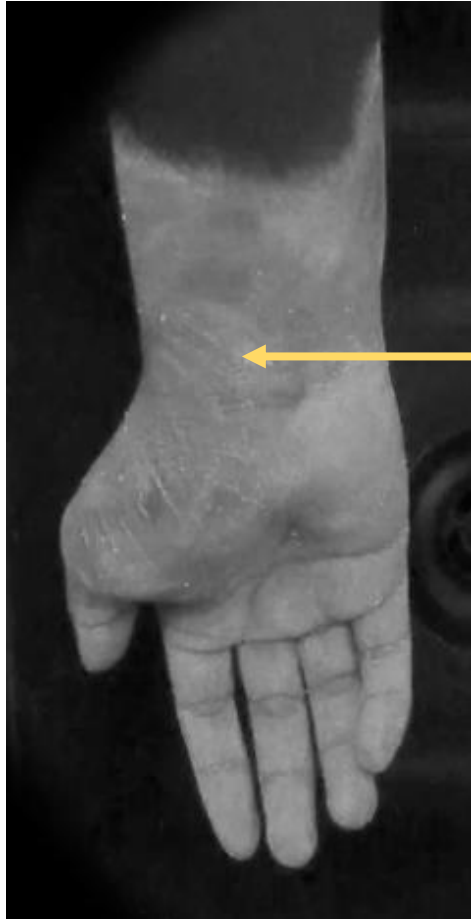


Introduction

- Experts recommend 20 seconds to wash hands properly. Why?
- It takes at least 20 seconds to wash all parts of hands (wrists, fingernails for example)
- Certain parts of a hand are hard to clean



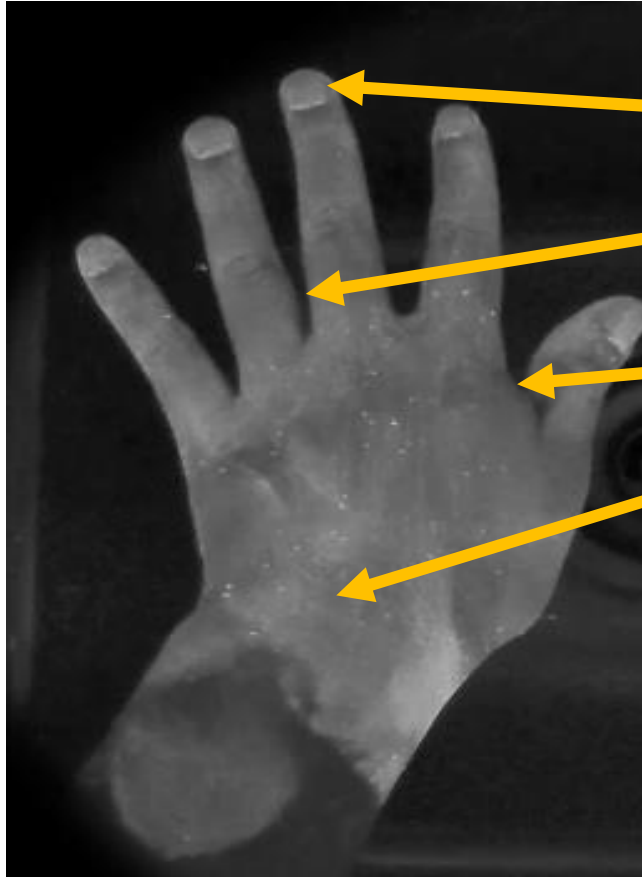
Glow Germ™ model



- Glow Germ™ lotion will glow blue under a UV light
- The lotion appears white under regular light.
- Lotion is used as an example of dirt and germs on your hands.
- Wash off lotion to show how well we washed our hands.



Parts of a hand that are hard to clean:



Top of hand:

- Fingernails
- Between the joints of your fingers
- Thumb area
- Wrists



How dirty
is dirty?



Activity

- Pretend that we are at a handwashing sink:
 - Roll up sleeves
 - Turn on water faucet
 - Wet hands
 - Add soap to your hands
 - Build up foam with soap and water
 - Begin to scrub hands
- Watch the next series of videos to see how we are doing at removing dirt and germs after washing your hands for 7, 14 and 20 seconds.



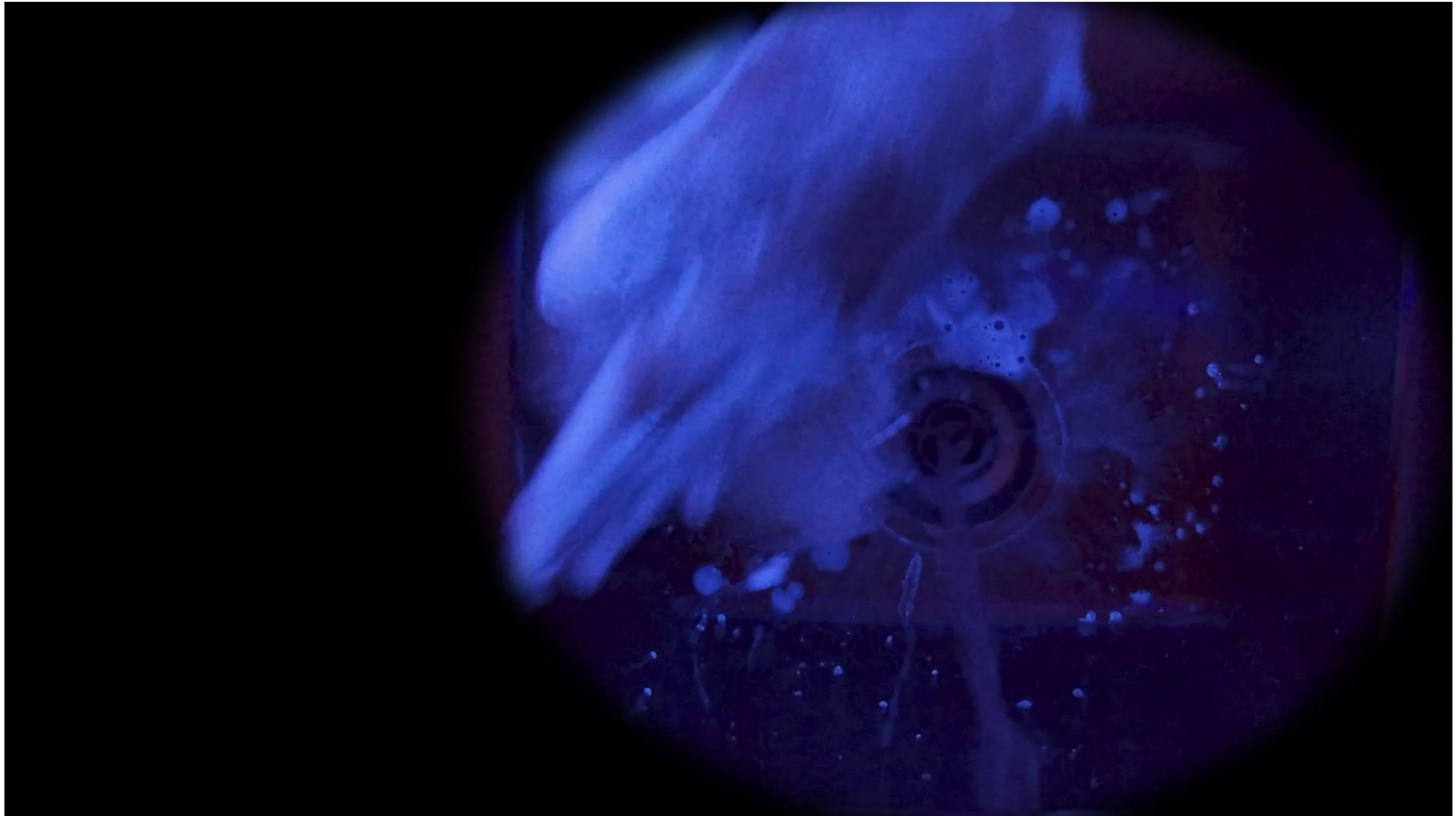
How long does it take?



What is left after 14 seconds?



What do think we be left after 20 seconds?





What do you see on the hands?





Dry hands with paper towel to remove any remaining moisture.



Use towel to turn off water faucet.



Review of activity

- Demonstrated Glow Germ™ model to show germs on dirty un-washed hands.
- Demonstrated key areas of hands that are hard to wash.
- Demonstrated the effectiveness of washing your hands for 20 seconds.



Development credits

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