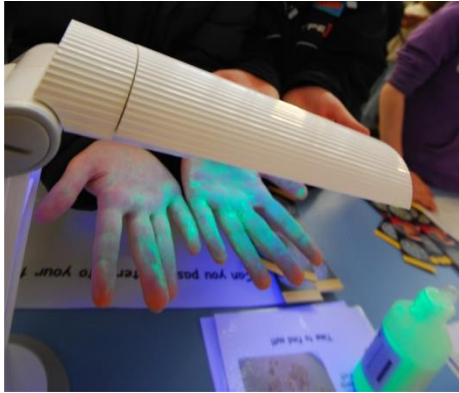


Hand washing exercise

For this exercise you use lotion that contains UV reactive particles. You can test how well your students wash their hands as it is invisible to the naked eye. Using the UV gel you can show how disease can be spread by hand-to-hand contact.



SAFETY FIRST: Ensure that the UV lamp is set up in a safe environment such that the power cable is not a trip hazard and ask that the children do not look directly at the UV light as this could damage their eyes

- 1) Ask for a volunteer and squirt a small amount of lotion onto the palm of their hands. Say that this is like them sneezing on their hands. Ask them to rub their hands together.
- 2) The “ill” person should then shake hands with the person next to them and so on.
- 3) The children should look to see if they have been “contaminated” even if they did not have direct contact with the “ill” person.
- 4) Then you can say that the spread of disease is reduced by hand washing.
- 5) Squirt some hand lotion onto each students hand and get them to rub their hands together all over. Then see how well they can wash them by getting them to use the UV machine!