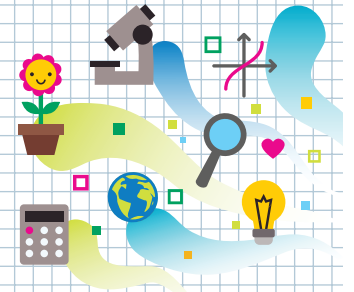




HEADS IN, HEARTS IN

Germ! Germ! Germ!

Instructions for Set-Up

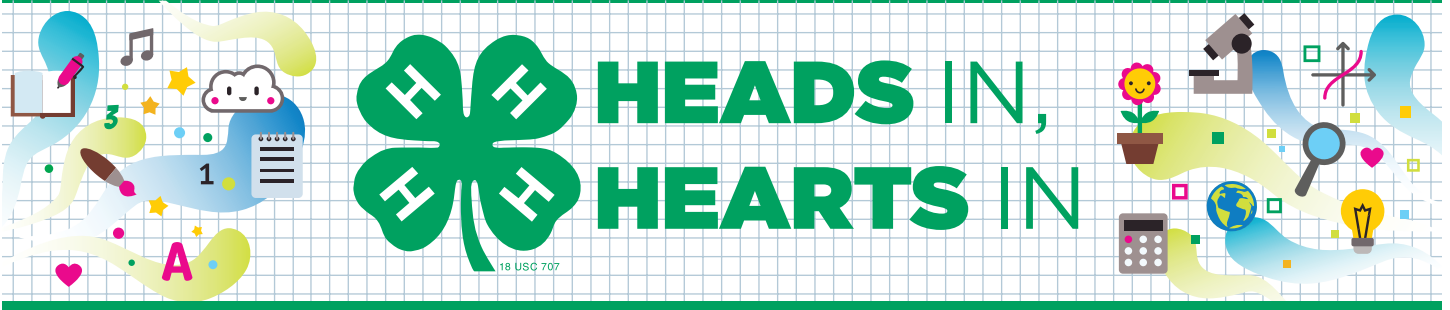


Supplies

- ☐ “Guide for Families” handout
- ☐ Clear plastic standup display (optional)
- ☐ Germ lotion that glows under black light (available at *Amazon.com* or <http://glogerm.com>)
- ☐ Portable black light
- ☐ Extra batteries (if portable black light takes batteries)
- ☐ Wet wipes
- ☐ Handwashing poster (<http://msue.anr.msu.edu/uploads/236/66667/JIFFJump1-HandwashingPoster.pdf>)
- ☐ Display table

Activity Preparation

- Purchase or locate items on supply list.
- Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- Print handwashing poster. Options: Print poster and laminate to display, or print copies of posters for families to display at home.
- Set up the display table and arrange needed supplies.



Germs! Germs! Germs!

Guide for Families

Learning Objectives

What you need to know:

Whether we like to believe it or not, we live in a world filled with germs, bacteria, viruses and other creepy crawly things. It is hard to find out about germs when you can't see them, but what if you could see simulated germs on your hands and anything you touch? The germ lotion is an amazing way for you to understand the importance of proper hand-washing techniques and also to learn how easily germs can spread.

What you will do and learn:

You will identify how germs are spread. Using the germ lotion, you will discover places on your hands that are easily cleaned as well as places on your hands where germs may be hiding, such as in between fingers or around fingernails.

Instructions

1. Discuss how germs are spread:
 - Coughing and sneezing
 - Blowing our noses or going to the bathroom without washing our hands
 - Touching things such as doorknobs, floors or animals without washing our hands
2. Place a small amount of germ lotion into your hands. The germ lotion represents germs that are on our hands.
3. Rub your hands together, making sure to get the backs, palms and fingernails.
4. Place both hands under the portable black light.
5. Discuss:
 - What do you see? Does it look like a lot of germs or very few?
 - How might you have gotten that many germs if they were real?
 - What is one way that you can get rid of the germs?
6. Wash your hands using a wet wipe. (If a sink with soap and water is available, it's a better option than using wet wipes.) Try to get your hands as clean as you can with the wet wipe.
7. Place both hands under the portable black light.
8. Observe your hands.
 - What is different about your hands now?
 - Were you able to remove all the germ glow lotion?
 - What parts of your hands no longer have germs?
 - What parts of your hands still had germs where you see you'll need to wash better?