

WASH YOUR HANDS

Harmful germs can easily be spread to one another. Clean hands can help keep you healthy and prevent the spread of germs. Proper handwashing by wetting your hands, lathering the fronts and backs of your hands, fingers and nails for 20 seconds with soap, rinsing thoroughly and drying with a clean towel is the best way to get rid of germs.

Health

Time

30 minutes - 3 weeks

Difficulty

Medium

Resources

Bread, tongs, sealable plastic bags, markers, soap, hand sanitizer, clean towel

Instructions

● Step 1

- Use a clean tong to take one slice of bread and carefully place it in a plastic bag and seal it. Label it as the control sample.

● Step 2

- Use a clean tong and take one slice of bread and rub it on a door knob, desk, or keyboard. Then place it in a sealed plastic bag. Label it as the surface sample.

● Step 3

- With unwashed hands, take one slice of bread and place it in a sealed plastic bag. Label it as the unwashed sample.

● Step 4

- Wash your hands with hand sanitizer and then take one slice of bread and place it in a sealed plastic bag. Label it as the hand sanitizer sample.

● Step 5

- Use the proper handwashing technique and then take one slice of bread and place it in a sealed plastic bag. Label it as the handwashing sample.

● Step 6

- Take all the samples and put them in a safe place. Check them in three weeks to see how important handwashing is in stopping the spread of germs.



For more Health activities, visit
www.preparecenter.org/TeenPrepKit