

Handwash-it Kit (Individual size)

Instructions

Kit Contents

1 small germ lotion - stapled outside the kit
5x Alcohol sanitizer gel tubes
5x Soap tubes
5x Germ lotion tubes
Pipettes
Blacklight

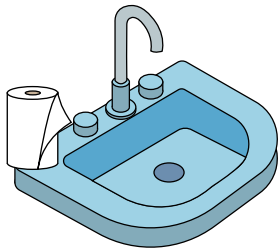
You Provide

1 AA Battery for the blacklight

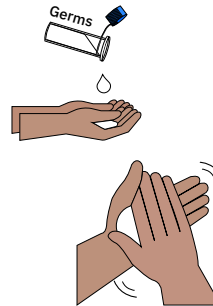


Before you open your Kit

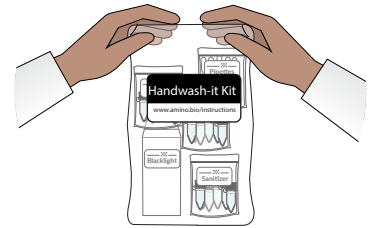
The “germ” lotion may get onto your work surface, but it should easily be wiped away with soap or cleaner. Make sure to work on a wipeable surface.



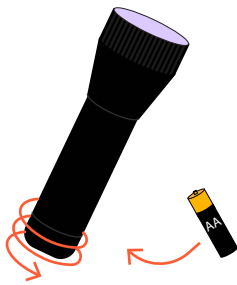
1. Prepare a hand washing station: Make sure you are near a sink and that there are clean paper towels or hand towels available.



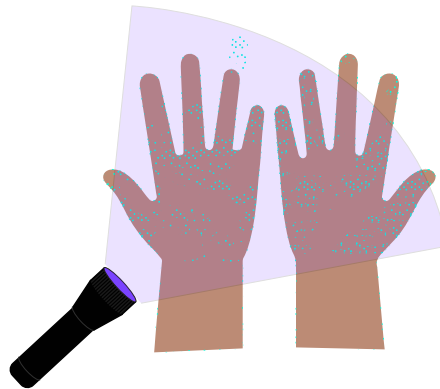
2. Note: If you are a small group, one person will do this next step. Rub the germ lotion attached to the outside of your kit onto your hands.



3. While the lotion is still wet, open your kit. Tear open the plastic wrap, and take out all the tubes, and blacklight.



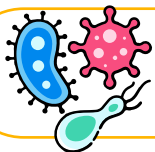
4. By now, the lotion on your hands should be dry. Add the AA battery to your blacklight.



5. Now check your hands under the blacklight (this will work better in a dim environment. close the lights or find a dark space in the room).



6. Check the packaging under the black light. See any germs?! Those germs were transferred when you opened the package!

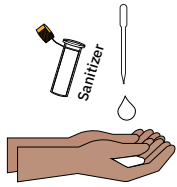


Discover more handwashing resources, including how germs spread and soaps work:
<https://wiki.amino.bio/Resources/By-Kit/Handwashing>

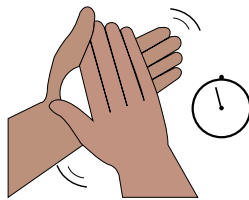
Handwashing Experiment:

If you are working in a small group, everyone can do this next step. For anyone that does not have any germ lotion on their hands, add some from one of the germ lotion tubes and let dry.

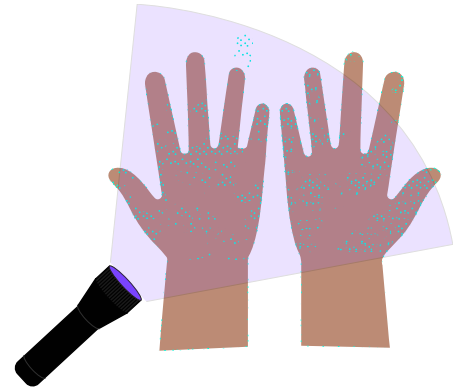
Alcohol-based hand sanitizers



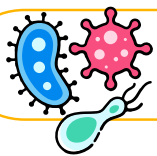
7. Using the small pipette in the kit and the tube(s) of hand sanitizer, apply sanitizer to your hands, making sure to cover them fully



8. Rub your hands and fingers together until they are dry. This should take around 20 seconds



9. Check the results under a black light! Any germs left?

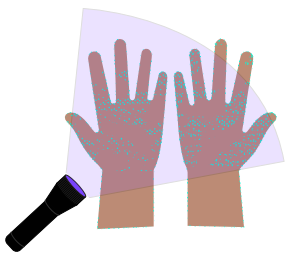


Why are alcohol-based sanitizers recommended if they don't get rid of germs?

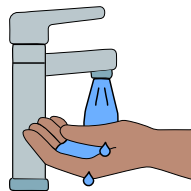
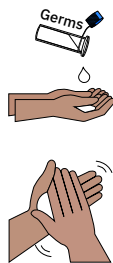
Why do we have to allow sanitizers to dry completely? Find out here:

<https://amino.bio/blogs/what-is/handwashing-aseptic-techniques-and-the-spread-of-germs>

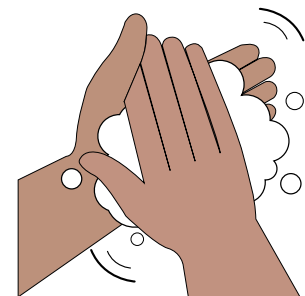
Soap and water



10. Use the blacklight to verify that you still have germs on your hands. Re-apply if necessary/ desired.



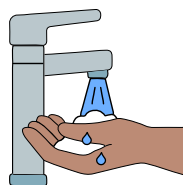
11. Rinse your hands with clean water and apply the soap from the kit.



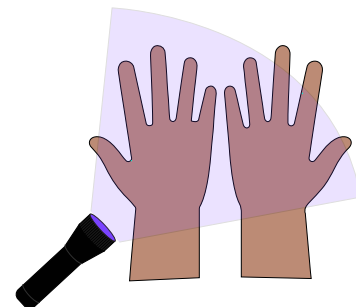
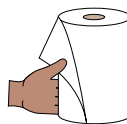
12. Lather your hands by rubbing them together (not under water). Pay attention to the backs of your hands, between your fingers, under/around your nails!



13. Scrub your hands for at least 20 seconds. Tip: Hum the "Happy Birthday" song twice or have someone time you.



14. Rinse your hands under the running water and dry your hands using a clean towel.



15. Check your hands under a black light! Any germs left?

Going further

If you have any germ lotion tubes left, you can repeat the hand washing step with the different soaps you have around the house to compare their efficacy. Be consistent with the water temperature and time you spend washing your hands! Some soaps you can compare are: antibacterial soap (like dish soap) vs hand soap, bar soap vs liquid soap, micellar water vs face soap. Don't have multiple soaps to test out? You can try varying the length of time you wash your hands or the water temperature to see what the differences are!