

Germ/Glo Gel Activity

Name: _____

Grade Level: K-12

Professions: A variety of health professions.

References: www.glogerm.com

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: This activity illustrates the importance of thorough hand washing and shows students the reality of their current habits.

Materials needed: Glo Gel/Oil/Powder (<http://www.glogerm.com/>), UV Light/Black Light, access to sink and soa;

Duration: 1 class period

Instructions:

- ◇ Shake the bottle of GloGerm oil well and place a small amount, about the size of a quarter, into the palm of one hand and spread over both hands completely as if applying hand lotion. Be sure to cover hands completely, particularly under nails, around cuticles and between fingers. Wipe off excess with paper towel. Do not let oil come in contact with clothing as staining may result. When using white Glo Germ gel, use same procedure with a pad about the size of a nickel. Wiping off excess is usually not necessary.
- ◇ Place hands under UV lamp/black light to view “glowing germs” that exist before hand washing. Demonstration works best in a darkened room.

- ◇ Perform the FDA– recommended hand wash using soap and warm water. The amount of effort required to remove the simulated germs is equal to that of removing most bacteria. Again, place hands under UV lamp, paying special attention to thumbs, areas around nails and between fingers. The UV lamp/ black light reveals the remaining “germs” as proof of improper hand washing.
- ◇ Complete removal of Glo Germ with normal washing is more difficult if skin is chapped or cracked, indicating that bacterium is also harder to remove. This will require a hand care regime with quality lotion twice daily and a sensible use of hand sanitizing gel.