

MARVELLOUS

MICROBES

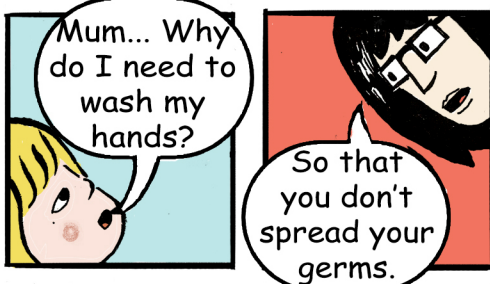
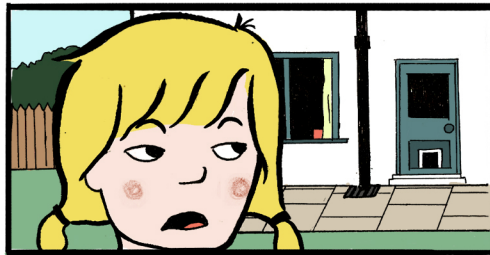
SCINTILLATING STORIES
FROM THE
MICROBIOLOGY SOCIETY

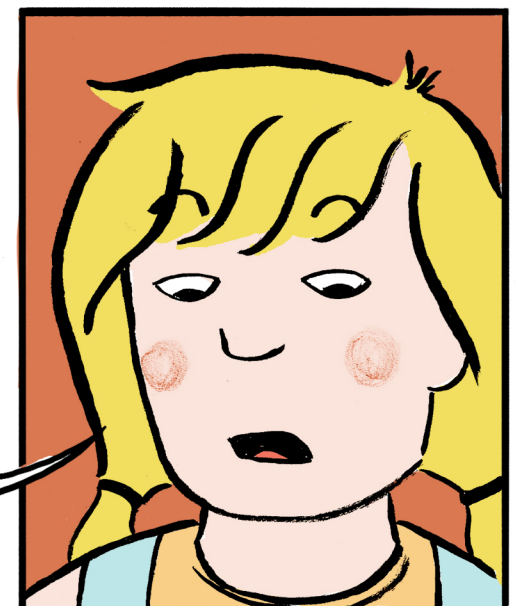
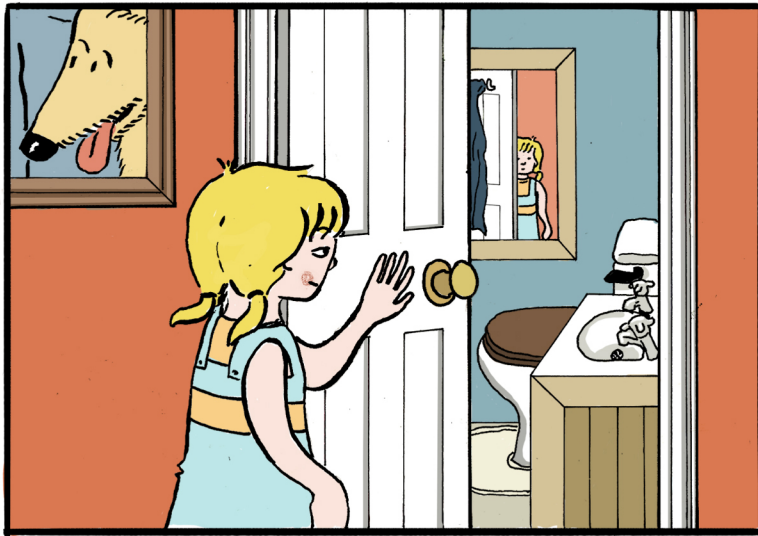
FREE!

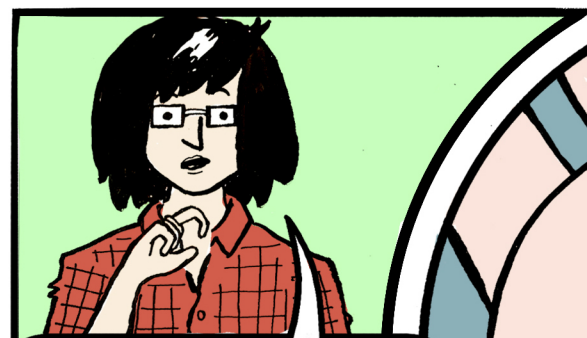


WASHING
HANDS

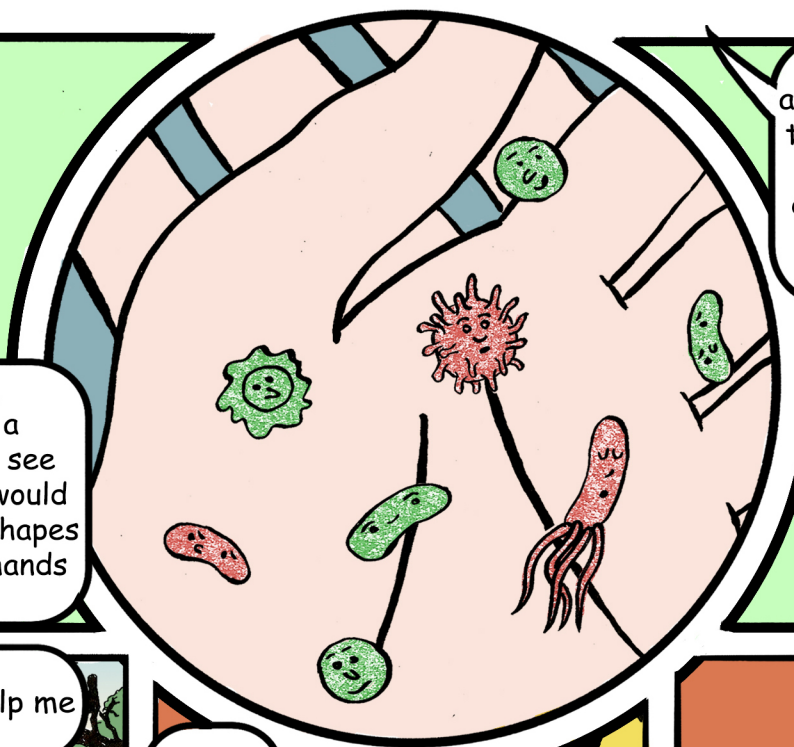
ISSUE 2



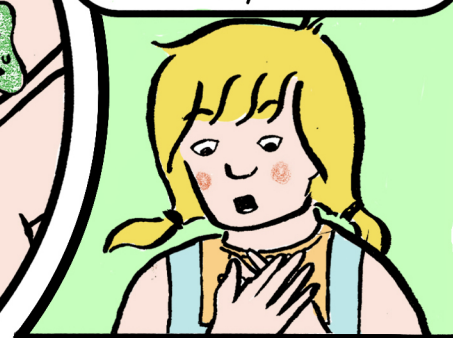




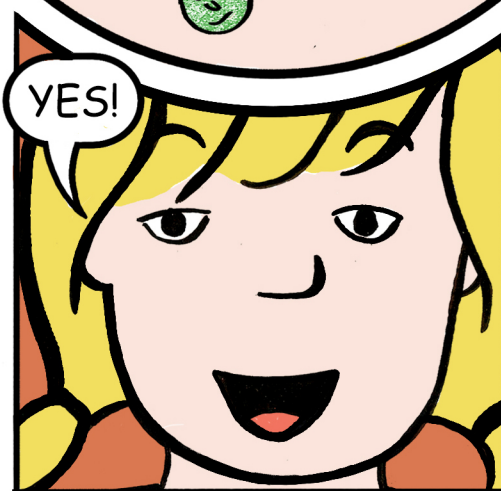
Germs are very, very, small. We need to use a microscope to be able to see them. If we had one you would see that they come in all shapes and sizes, and that your hands are covered in them.



Germs can be harmful and could give you an upset tummy or a cold! You must wash your hands so you don't spread these germs around, to other people or to yourself.



Now...
Would you like to help me bake a cake?



YES!



But first...

I want to go and wash my hands!

The Microbiology Society is a membership organisation for scientists who work in all areas of microbiology. It is the largest learned microbiological society in Europe with a worldwide membership based in universities, industry, hospitals, research institutes and schools. An important function of the Society is the promotion of the public understanding of microbiology. The Society produces a wide range of resources to support microbiology teaching in schools and colleges. For further information, please visit www.microbiologyonline.org.uk

Thanks are due to

Dr Kim Hardie (University of Nottingham) for her helpful comments on the text.

FUN WITH HAND WASHING

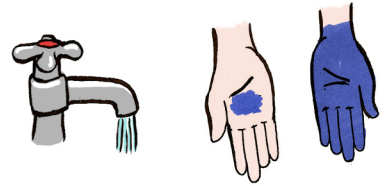
HOW WELL DO YOU WASH YOUR HANDS?

You will need: an apron, a sink, a blindfold, washable paint (any colour!), paper towels or an old towel and soap.

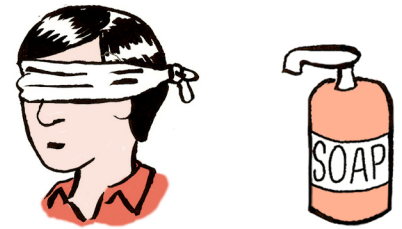
Before you start, cover any cuts with a plaster. Keep hands away from mouth throughout this experiment.

Instructions:

1. Wearing an apron, and working above the sink, put about one teaspoon of paint in the palm of your hand. Rub hands together to completely cover both hands in the paint, including the backs of the hands, lower wrists and the fingernails. Be careful not to touch anything! Allow the paint to dry.



2. Get someone to blindfold you so you can't see your hands. Turn on the warm water and wash your hands as you would do normally. Once you have finished gently blot (don't rub) your hands dry using paper towels, or an old towel.



3. Remove the blindfold and see how well you have done. Have you got any paint left on your hands? Where is the paint? What does this tell you? How well did you wash them?

You could make this experiment a little more interesting by getting your family and friends involved. Change the length of time people wash their hands for or only give some people soap. Compare the methods to see which works best!

Remember to wash your hands after:

- Handling raw foods, especially meat
- Going to the toilet
- Touching rubbish or waste bins
- Changing nappies
- Caring for the sick
- Coughing or sneezing
- Touching pets or other animals
- Gardening



And before:

- Preparing food
- Eating food
- Caring for the sick
- Looking after babies
- Looking after the elderly
- Putting in contact lenses

