

# CLEAN/DIRTY HANDS

1. Everyone gets 1-2 pumps of Glo Germ. Rub in and on your hands – tops, palms and all around. Scrape nails on hands to get Glo Germ under the nails.
2. Put your hands under the black light. What do you see?
3. Wash your hands like you always do.
4. Return to the black light and describe what you see.
5. As a final check, wash your hands according to the CDC recommendations.
6. Return to the black light and describe what you see.

## **Be A Germ-Buster** **WASH YOUR HANDS**



Minnesota Department of Health  
Food Safety Center  
625 N Robert St, PO Box 64975, St. Paul, MN 55164  
651-201-5414, TDD/TTY 651-201-5797, [www.health.state.mn.us](http://www.health.state.mn.us)

Adapted with permission from Washington State Department of Health

20 seconds is the suggested time to properly wash your hands.  
Sing Happy Birthday twice or recite your ABC's.