



Horrid Hands Fact Sheet



What makes our hands dirty?

We get microbes on our hands from everything that we touch like door handles, school desks, the floor or our pets. We also get microbes on our hands when we hold hands, pick our nose or sneeze into our hands!



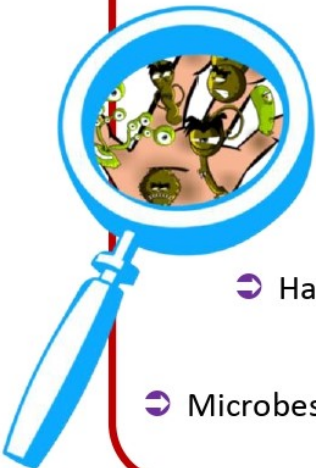
Why should we wash our hands?

We wash our hands to get rid of bad microbes that might make us ill. It is important that we wash our hands after using the toilet, before eating or cooking, after stroking animals or after coughing or sneezing.

Did you know?

Surprise your friends and family with these fun facts!

- ➔ Most microbes on our hands are under our finger nails!
- ➔ Nearly everyone says they wash their hands after using the toilet, but more than half don't! Just think what may be on their hands!
 - Most toilet handles have 400 times more microbes than the toilet seat.
- ➔ There are more microbes on one person's hand than people on the planet.
- ➔ Hand-washing is the best way to stop microbes spreading.
- ➔ Microbes can stay alive on our hands for up to three hours!





Horrid Hands

Why do we use soap to wash our hands?

To find this out, you will need:

Ingredients

- 1 Bowl (a cereal bowl will be fine)
- Some water
- A sprinkle of black pepper or other spice
- Some hand soap or washing up liquid
- A Towel
- A Pen
- A Notebook
- A Camera (optional)



Method

1. Fill the bowl with **water**, but not right to the top.



2. **Sprinkle** some black pepper or spice onto the surface of the water. It should **float** on top.



3. **Dip** your finger into the centre of the water and **watch** what happens to the pepper. Take a **photo** to record what has happened.



4. **Dry** your hand, and then dip your finger into the **soap**.

5. Dip your soapy finger into the **water**. Watch what happens to the pepper. Take a **photo** to record what has happened.

Now answer this question:

What happened with and without the soap?





How should you wash your hands?

How we wash our hands is just as important as when we wash them, especially when it comes to eliminating harmful microbes. We don't need any special cleaners or cleaning equipment – just soap and water.



Palm to palm



The back of the hands



Inbetween the fingers



The back of the fingers



The thumbs



The tips of the fingers



Horrid Hands

Why do we use soap to wash our hands?

From your results, can you answer the question: “Why do we use soap to wash our hands?”

Explanation

The experiment with and without soap should have been different. When the soap was on your finger the pepper should have moved towards the edges of the bowl. This is because the soap removes the oils on your hands and the oil pushes the pepper towards the edge of the bowl.

Microbes like to stick to the oils on your hands, which is why we wash our hands with soap. Without soap, the oils are not removed, and microbes find it easier to stick!