

## Hand Hygiene Unit Activity Ideas

Washable paint and products from GlitterBug, a hand washing education system, can be used to make hand hygiene education interesting and fun. GlitterBug makes a fluorescent lotion (GlitterBug Potion) and a fluorescent powder (GlitterBug Powder) that are used with a UVA lamp/black light to show how well hands are washed and how germs can travel. Products can be ordered at [www.glitterbug.com](http://www.glitterbug.com).

There are many ways to use these products to teach about hand hygiene. Below are some suggestions.

- Apply the lotion to your hands. Wash your hands and check them with the UV lamp. Any area that glows was not sufficiently washed.
- Have one person rub the lotion onto his or her hands then form a line with the “contaminated” person at one end. Ask this person to shake hands with the second person in line, and ask the second person to shake hands with the third, and so on. Use a UV lamp to see how far the contamination has spread.
- Rub the lotion or sprinkle the powder onto some common surfaces such as a phone hand set, a light switch, a desk in the nurse’s station, or an item in the break room. Wait a period of time and then use a UV lamp to follow the contamination trail.
- While wearing a pair of latex or rubber gloves, apply the lotion to your hands. Remove the gloves and use a UV lamp to check if you have been able to do this without transferring the contamination to your hands. Wash your hands and check again. Washable paint of any kind can also be used for this exercise.
- Sprinkle the powder onto the staff meeting sign-in sheet. Don’t tell anyone what you’ve done. Near the end of the meeting, after everyone has signed in, use a UV lamp to see whose hands are contaminated and what other parts of their body and environment they contaminated.
- Sprinkle the powder lightly around a sink or other area that should be routinely cleaned. After cleaning, examine the area with a UV lamp to see how effective the cleaning was.
- Have staff don gloves and put a small amount of washable paint in their palm. Have them close their eyes and imitate the act of hand hygiene and then inspect the gloves for any areas they missed, i.e. are not covered in paint.

