

Name:

Lab 10: How Germs Spread

Learning objectives:

- To learn how germs spread
- To better understand the spread of germs, by healthcare professionals, from patient to patient
- To better understand the importance of good handwashing.

Germs spread in many different ways. Direct contact, indirect contact, aerosol transmission, sexually transmitted or through a vector. In this lab, we will observe how germs spread.

Materials:

Glow in the dark gel, Black light

Method:

1. Wear personal protective equipment including lab coat, safety glasses and gloves.
2. Instructor will provide glow in the dark gel to students. Gel is used to simulate how germs will spread.
3. Take some gel in your hands (after wearing gloves), rub hands thoroughly and then proceed to carry out any work assigned by instructor.
4. Move around, touch surfaces and objects as you would normally do on any other day.
5. After 30-60 minutes, turn off lights in the class room and observe.
6. Glowing spots show where germs have spread.
7. With gloves on, perform good handwashing technique using the available soap.
8. Turn off the lights and observe your hands (ie gloves) for glowing bacteria.
9. Wash different bench tops with soap and water, alcohol, and disinfectants.
10. Turn off the lights and observe for glowing bacteria. Use black light if necessary.
11. Write down observations in the lab report.

Note: After the observation, use the surface cleaner provided in the lab to thoroughly clean the surfaces.