



Colorado Science and Engineering Fair

2025 Individual Project Abstract Form

Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.

Title of Project: How often should really wash your bedding?

Finalist's Name: Booker Kite

School and City: Idalia School, Idalia, Colorado

Sponsor's Name: Kelli A Kite

Category: Biomedical & Health Sciences

Division: Junior (grades 6 - 8)

Abstract (250 words or less):

Pillowcases have human contact on a daily basis for 8+ hours every day. With contact, there can be bacteria and viruses that continue to grow and reproduce if not washed on a regular basis. With 5 test subjects and a control, pillow cases were tested every day using an agar plate. The agar plates were placed into an incubator at 37 degrees Celsius for 24-36 hours. Within that time frame, the number of bacteria that appeared was counted for each subject. The agar plates were collected to take to the incinerator to dispose. The data that was collected showed that as one goes through the stages of adolescence, the more bacteria is produced onto the pillowcase quicker. Pillow cases and bedding needs to be washed, minimally, once a week, but at best 3-4 days.

I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.

Finalist's Signature:

Date:

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. **A signed copy of this form must be included in your notebook.**