

Hand hygiene and the importance of clean hands

Hand hygiene is a key measure to prevent the spread of infections (why are clean hands so important?) and is a simple, effective way to protect yourself and others. It is a fundamental part of infection control and is essential for preventing the spread of bacteria, viruses, and fungi. Hand hygiene is a simple, effective way to protect yourself and others. It is a fundamental part of infection control and is essential for preventing the spread of bacteria, viruses, and fungi.

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