

Hand hygiene is a key measure to prevent the spread of infections.

Proper handwashing techniques are essential for reducing the risk of illness and promoting overall health.

Regular handwashing with soap and water for at least 20 seconds is recommended. This helps to remove germs and prevent them from spreading to others. It is especially important to wash hands before eating, after using the toilet, and after touching public surfaces.

Hand sanitizers can be used when soap and water are not available, but they should not replace proper handwashing.

Hand hygiene is a simple but effective way to protect yourself and others from germs. It is a key part of staying healthy and preventing the spread of illness.

Why are clean hands important? Clean hands are essential for preventing the spread of germs and infections. They help to reduce the risk of illness and promote overall health.

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