Hand hygiene is a way of cleaning one’s hands that substantially reduces potential harmful microorganisms on the hands. Practicing hand hygiene is a simple yet effective way to prevent infections. Hand hygiene serves as barrier for spread of germs, including those that are resistant to antibiotics. Only 20-30 seconds of washing with an alcohol-based product, or 30 - 40 seconds with soap and water, will help us in a health care setting or in community stop the spread of infection, control the risk of bacterial mutations (causative of antimicrobial resistance, and advance the safety and quality of health care for all. There is need to create awareness among masses regarding hand hygiene practices. Behavioral change through continuous educational and awareness programs can bring substantial change in promoting hand hygiene practices.

REFERENCES