

## EVADE COMMUNICABLE DISEASES THROUGH HANDWASHING

MUKTI GILL

Associate Professor, Khalsa College for Women, Civil Lines, Ludhiana, Punjab, India

### ABSTRACT

Hand hygiene can be thought of as a “do – it- yourself” vaccine that is easy, effective and affordable, but the world still bears the burden of diseases that can be effectively prevented through good hand hygiene. The concept of handwashing is important in various medical, domestic and school settings. Awareness and motivation for handwashing can evolve into a revolution in making this world a healthier place to live in. Though there have been numerous studies on the effectiveness of hand hygiene on prevention and control of infectious diseases, yet efforts at community and state level have failed to produce effective results. It is high time that the policy makers started analyzing into what drives hygiene behavior and how the idea of promoting handwashing in social marketing contexts along with a collaborative effort on local and international levels can help in the prevention of diseases. This shall save millions of precious lives, financial resources and also improve the quality of life.

**KEYWORDS:** Handwashing, Infectious Diseases, Prevention