



## Hand Hygiene 'A Poem to Remember'

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Hands hold us throughout the journey of life,  
Pats the shoulders and cheers in victory,  
It fights the battle and wipes the tears,  
It touch the suffering and soothes the pain.

Spreading the vibe let's see the fear;  
That hide out there; those bugs too smart;  
Who spreads with a touch; and they got smart;  
Threw drugs in the trash  
Echoing everywhere; antimicrobial resistance.

Word goes around; Saying cure not around  
Breaking the head; of scientists around  
New ways to be found; that fight bugs around  
A way much potent; that stop them too virulent.

I heard the first lesson of hand hygiene from my mother!  
When I touched my cake after playing in bad weather!  
She got me close and whispered in my ears,  
How precious are my hands to clean it from germs.

Lesson that followed me as I walked towards the future;  
Asked me to spread the words across to nurture;  
Remember the five moments of hand hygiene,  
And keep it clean from germs and pathogen.

A kid with a cake or a doctor with a knife,  
A nurse with a needle or a lady with a wipe,  
Moments are five and lessons are same,  
Comes the need to spread across the world.

Wash and wash and wash our Hands  
Wash those tiny bugs from hands  
And wash our hands by steps so simple  
that gives our face a beautiful dimple.

Let's kill those bugs by steps so simple,  
As rub your palm and back of your hands,  
And rub your thumb and tip of your fingers,  
Then rub your wrists and clean the rest,  
And rinse and dry and watch it shine.

Lets spread these steps across the world,  
From time to time and years to come,  
Let's fight the disease and wipe the tears,  
And make this world a beautiful place.

Let's make this way a life new normal  
from time to time and years to come  
Smile and nurture for bright so future -  
Send back those bugs to the bin of nature.

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