



# The Hand Book: Surviving in a Germ-Filled World

*Miryam Z. Wahrman*

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Handwashing, as part of basic hygiene, is a no-brainer. Whenever there's an outbreak of a contagious disease, we are advised that the first line of defense is proper handwashing. Nonetheless, many people, including healthcare workers, ignore this advice and routinely fail to wash their hands. Those who neglect to follow proper handwashing protocols put us at risk for serious disease—and even death.

In this well-researched book, Wahrman discusses the microbes that live among us, both benign and malevolent. She looks at how ancient cultures dealt with disease and hygiene and how scientific developments led to the germ theory, which laid the foundation for modern hygiene. She investigates hand hygiene in clinical settings, where lapses by medical professionals can lead to serious, even deadly, complications. She explains how microbes found on environmental surfaces can transmit disease and offers strategies to decrease transmission from person to person. The book's final chapter explores initiatives for grappling with ever more complex microbial issues, such as drug resistance and the dangers of residing in an interconnected world, and presents practical advice for hand hygiene and reducing infection.

With chapters that conclude with handy reference lists, *The Hand Book* serves as a road map to safer hands and better hygiene and health. It is essential reading for the general public, healthcare professionals, educators, parents, community leaders, and politicians.

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