

hands on programming with r write your own functi Complete Guide

Hands on programming with R: Write your own functions

Embarking on the journey of programming in R can be both exciting and rewarding, especially when you learn to craft your own functions. Writing custom functions in R empowers you to automate repetitive tasks, create modular code, and develop reusable components tailored to your specific data analysis needs. In this comprehensive guide, we'll explore the fundamentals of writing functions in R, step-by-step examples, best practices, and tips to enhance your programming skills. Whether you're a beginner or looking to deepen your R expertise, this hands-on approach will help you become more proficient and confident in your coding abilities.

Understanding the Basics of Functions in R

Before diving into writing your own functions, it's essential to grasp the core concepts behind functions in R.

What is a Function?

A function in R is a block of organized, reusable code that performs a specific task. Functions take inputs (called arguments), process them, and return an output. They help break down complex problems into manageable parts and promote code reusability.

Why Write Your Own Functions?

While R comes with many built-in functions, creating your own allows you to:

- Automate repetitive tasks
- Customize calculations to your specific needs
- Improve code readability and organization
- Reuse code across multiple projects

Creating Your First Function in R

Let's start with a simple example of defining and calling a custom function.

Basic Syntax

```
```\n\nmy_function\nFunction body\n\nReturn statement (optional)\n\n}\n\n```\n
```

## Example: A Function to Calculate the Square of a Number

```
```\n\nsquare_number\nresult\nreturn(result)\n\n}\n\n```\n
```

Usage

square_number(4) Output: 16

```
```\n
```

This basic example demonstrates how to define a function, pass an argument, perform an operation, and return a result.

## Step-by-Step: Writing Your Own Functions in R

Let's walk through the process of creating more complex functions with multiple inputs, default values, and error handling.

### 1. Define the Function Name and Arguments

Choose a descriptive name and specify the inputs your function needs.

## 2. Write the Function Body

Include the computations or operations your function should perform.

## 3. Include Return Statement

Specify what value(s) your function should output. If omitted, R returns the last evaluated expression.

## 4. Test the Function

Run your function with different inputs to ensure correctness.

## Example: Developing a Custom Summary Statistics Function

Suppose you want to create a function that outputs mean, median, and standard deviation for a numeric vector.

```
``r

compute_stats
if (!is.numeric(data)) {

 stop("Input must be a numeric vector.")

}

mean_val
median_val
sd_val
return(list(mean = mean_val, median = median_val, sd = sd_val))

}
```

Usage

```
sample_data
stats
print(stats)
```

```
...
```

This function:

- Checks if the input is numeric
- Calculates mean, median, and standard deviation
- Returns the results in a list for easy access

## Advanced Tips for Writing Effective Functions in R

To write robust and efficient functions, consider the following best practices:

### 1. Use Default Arguments

Provide default values to make functions flexible.

```
```r

greet
paste("Hello,", name)

}

```
```

### 2. Validate Inputs

Ensure your functions handle unexpected inputs gracefully.

```
```r

if (!is.numeric(x)) {

  stop("x must be numeric.")

}

```
```

### 3. Modularize Your Code

Break complex tasks into smaller functions for clarity and reusability.

## 4. Document Your Functions

Use comments and Roxygen2-style documentation to make your code understandable.

## 5. Test Thoroughly

Check your functions with various inputs, including edge cases.

## Practical Examples of Custom Functions in Data Analysis

Let's explore some real-world scenarios where writing your own functions can streamline your workflow.

### 1. Data Cleaning Function

```
```r  
  
clean_data  
for (col in columns) {  
  
  df[[col]]  
  df[[col]]  
}  
  
return(df)  
  
}  
  
```
```

### 2. Normalization Function

```
```r  
  
normalize  
(x - min(x)) / (max(x) - min(x))  
  
}  
  
```
```

### 3. Custom Plot Function

```
``r

plot_histogram
hist(data, breaks = bins, main = title, xlab = "Values")

}

``
```

## Debugging and Optimizing Your Functions

Writing good functions also involves debugging and optimizing.

### Common Debugging Techniques

- Use ``print()`` statements to trace variable values
- Employ ``browser()`` to step through code
- Use ``tryCatch()`` to handle errors gracefully

### Performance Optimization

- Vectorize operations to improve speed
- Avoid unnecessary loops
- Use efficient data structures like `data.tables` or matrices when appropriate

## Conclusion: Becoming Proficient in R Function Programming

Mastering the art of writing your own functions in R unlocks a new level of programming efficiency and flexibility. By understanding the syntax, practicing with real examples, and adhering to best practices, you'll be able to develop robust, reusable, and maintainable code. Remember to validate your inputs, document your functions, and test thoroughly. As you gain experience, you'll find that custom functions become indispensable tools in your data analysis toolkit, enabling you to handle complex tasks with confidence and ease.

Start experimenting today by creating your own functions tailored to your projects, and watch your R programming skills grow exponentially. With consistent practice, writing your own functions will become second nature, transforming you into a more effective and innovative data scientist or

analyst.

## Hands-On Programming with R: Write Your Own Functions

In the world of data analysis and statistical computing, R has established itself as an indispensable tool for researchers, data scientists, and statisticians alike. Its extensive library of packages, intuitive syntax, and powerful data manipulation capabilities make it a go-to language for a broad spectrum of analytical tasks. **Hands-on programming with R: write your own functions** is a vital skill that transforms you from a passive user of pre-built functions to an active creator of custom tools tailored to your specific needs. Developing your own functions not only enhances your coding efficiency but also deepens your understanding of R's core concepts, enabling more sophisticated and reproducible analyses.

This article aims to guide you through the process of writing your own functions in R, illustrating key principles, best practices, and practical examples to empower you on your programming journey.

## Understanding the Significance of Functions in R

Before diving into the mechanics of writing functions, it's essential to grasp why functions are fundamental in R programming.

### What Is a Function?

A function in R is a reusable block of code designed to perform a specific task. Functions accept inputs, process them, and return outputs. They promote code reuse, modularity, and clarity, especially in complex projects.

### Why Write Your Own Functions?

While R provides a vast array of built-in functions for common tasks (like `mean()`, `sum()`, or `lm()`), there are countless scenarios where custom functions are necessary:

- Automating repetitive tasks
- Encapsulating complex calculations
- Creating tailored data transformations
- Building reusable tools for analyses specific to your projects

Writing your own functions streamlines workflows and fosters reproducibility, a cornerstone of scientific research.

## Basics of Writing a Function in R

Creating a function in R involves defining it with the `function()` keyword, specifying its parameters, and including a body of code that executes the desired operations.

### Step-by-Step Example

Let's walk through the process with a simple example: creating a function that calculates the area of a rectangle.

```
```r
```

Define the function

```
calculate_area  
area  
return(area)
```

```
}
```

```
```
```

In this example:

- `calculate_area` is the name of the function.
- `length` and `width` are input parameters.
- The body calculates the area and returns it.

You can call this function with specific values:

```
```r
```

```
calculate_area(5, 3)
```

```
[1] 15
```

```
```
```

### Key Components of an R Function

- Name: Descriptive identifier for the function.
- Parameters: Inputs that the function accepts.
- Body: The code that performs operations.
- Return Statement: Outputs the result; if omitted, R returns the last evaluated expression.

## Best Practices for Writing Effective R Functions

Creating robust, flexible functions requires adherence to best practices that ensure clarity, maintainability, and efficiency.

### 1. Use Descriptive Names and Comments

Choose clear, descriptive names for your functions and parameters. Add comments within your code to explain complex logic.

```
```r
```

Function to calculate the BMI given weight and height

```
calculate_bmi  
bmi  
return(bmi)
```

```
}
```

```
```
```

### 2. Handle Inputs Carefully

Validate input types and values to prevent errors during execution.

```
```r
```

```
calculate_bmi  
if (!is.numeric(weight_kg) || !is.numeric(height_m)) {
```

```
  stop("Both weight and height must be numeric.")
```

```
}
```

```
if (any(c(weight_kg, height_m)
```

```
stop("Weight and height must be positive values.")
```

```
}
```

```
bmi  
return(bmi)
```

```
}
```

```
```
```

### 3. Make Functions Flexible

Allow for optional parameters or vectorized inputs to enhance versatility.

```
```r
```

```
calculate_bmi  
Input validation omitted for brevity
```

```
bmi  
if (round_result) {
```

```
bmi  
}
```

```
return(bmi)
```

```
}
```

```
```
```

### 4. Keep Functions Focused

Design functions to perform a single task well, following the principle of modularity.

### 5. Test Thoroughly

Test your functions with different inputs, including edge cases, to ensure robustness.

## Advanced Function Features in R

Once comfortable with basic functions, explore advanced features to elevate your programming skills.

## 1. Default Arguments

Set default values for parameters to simplify function calls.

```
```r  
  
calculate_bmi  
Function body  
  
}  
  
```
```

## 2. Variable Arguments with `...`

Pass additional arguments to other functions or handle multiple inputs flexibly.

```
```r  
  
plot_data  
plot(x, y, ...)  
  
}  
  
```
```

## 3. Returning Multiple Values

Use lists to return multiple outputs from a single function.

```
```r  
  
compute_stats  
list(  
  
  mean = mean(vec),  
  
  median = median(vec),  
  
)
```

```
sd = sd(vec)
```

```
)
```

```
}
```

```
...
```

4. Anonymous and Inline Functions

Create quick, one-off functions using ``function()`` directly within other functions or expressions.

```
```r
```

```
sapply(1:5, function(x) x^2)
```

```
[1] 1 4 9 16 25
```

```
...
```

## Practical Applications: Building Useful Custom Functions

To truly grasp the power of writing your own functions, consider practical examples relevant to data analysis.

### Example 1: Custom Data Cleaning Function

Suppose you often need to remove outliers from your dataset based on z-scores.

```
```r
```

```
remove_outliers
```

```
z_scores
```

```
cleaned_data
```

```
return(cleaned_data)
```

```
}
```

```
...
```

This function simplifies outlier removal, making your workflow more efficient.

Example 2: Automated Summary Report

Create a function that summarizes a dataset's key statistics.

```
```r

generate_summary
summary_stats
Variable = names(df),

Mean = sapply(df, mean, na.rm = TRUE),

Median = sapply(df, median, na.rm = TRUE),

SD = sapply(df, sd, na.rm = TRUE)

)

return(summary_stats)

}

```
```

With such functions, you can automate repetitive reporting tasks, saving time and reducing errors.

Integrating Your Functions into Larger Projects

Once you've developed useful functions, incorporate them into larger scripts, packages, or workflows.

1. Organize Functions in Scripts

Store related functions together in dedicated R script files (`.R` files) for easy maintenance.

2. Create Reusable Packages

Package your functions into R packages for sharing with others or for personal reuse across projects. This involves:

- Writing documentation
- Using tools like `devtools` and `roxygen2`
- Building and installing the package

3. Document Your Functions

Use Roxygen comments to generate documentation, making your functions user-friendly and easier to maintain.

```
``r  
  
' Calculate Body Mass Index (BMI)  
  
,  
  
' @param weight_kg Numeric. Weight in kilograms.  
  
' @param height_m Numeric. Height in meters.  
  
' @param round_result Logical. Whether to round the result to 2 decimal places. Default is TRUE.  
  
' @return Numeric BMI value.  
  
' @examples  
  
' calculate_bmi(70, 1.75)  
  
calculate_bmi  
Function body  
  
}  
  
```
```

## Conclusion: Empowering Your Data Analysis with Custom Functions

Hands-on programming with R by writing your own functions unlocks a new level of flexibility and efficiency in your data analysis repertoire. Beyond simply using existing tools, crafting custom functions allows you to tailor analyses, automate repetitive tasks, and foster reproducibility. As you master the fundamentals and explore advanced features, you'll find yourself developing a personalized toolkit that accelerates your workflow and deepens your understanding of both R and

your data.

Remember, effective function design is an iterative process?start simple, test thoroughly, and refine continually. With practice, you'll discover that creating your own functions becomes an intuitive and rewarding aspect of your programming journey, transforming you from a passive user into a proactive developer of analytical solutions.

QuestionAnswer What is the purpose of writing your own functions in R? Writing your own functions in R allows for code reuse, modularity, and improved readability, making complex tasks easier to manage and automate. How do you define a simple function in R? You define a function in R using the 'function()' keyword, for example: my\_func

**Related keywords:** R programming, write your own functions, hands-on R, R function creation, R scripting, programming with R, custom functions in R, R coding tutorials, R function examples, R programming exercises

## KEEPING YOUR HANDS CLEAN AND DRY ESSAY

**keeping your hands clean and dry essay** is a fundamental aspect of maintaining good personal hygiene and promoting overall health. In our daily lives, our hands are constantly exposed to a variety of germs, bacteria, and viruses that can easily spread from one surface to another or from person to person. Ensuring that your hands are both clean and dry is not only crucial in preventing illness but also plays a significant role in promoting social etiquette and personal well-being. This essay explores the importance of hand hygiene, effective methods for keeping hands clean and dry, and the broader benefits of adopting good hand hygiene practices.

### The Importance of Hand Hygiene

#### Preventing the Spread of Germs

Our hands are in direct contact with countless objects and surfaces throughout the day, including door handles, mobile phones, money, and communal tools. These surfaces often harbor germs that can cause diseases such as colds, flu, gastrointestinal infections, and even more serious illnesses like COVID-19. When we touch our face, mouth, or eyes with unclean hands, we facilitate the entry of these pathogens into our bodies. Proper hand hygiene acts as a primary barrier against these transmissions.

#### Reducing the Risk of Illness

Studies have shown that maintaining clean hands significantly reduces the likelihood of falling ill. For example, during flu seasons or pandemics, frequent handwashing can decrease infection rates considerably. It is especially vital for vulnerable populations such as children, the elderly, and immunocompromised individuals. Keeping hands dry further aids in preventing skin irritation and fungal growth, which can be common in moist environments.

## Promoting Social and Professional Etiquette

Clean and dry hands are also essential in social interactions and professional settings. Proper hand hygiene reflects respect for others and personal responsibility. In many cultures and workplaces, handshakes are common; clean hands ensure these interactions are hygienic and comfortable for everyone involved.

## Effective Methods for Keeping Your Hands Clean

### Regular Handwashing with Soap and Water

The most effective way to remove germs from your hands is through thorough handwashing with soap and water. The Centers for Disease Control and Prevention (CDC) recommends washing hands for at least 20 seconds, ensuring that all parts of the hands are scrubbed, including:

- Backs of the hands
- Between the fingers
- Under the nails
- Wrists

To wash hands properly:

- Wet hands with clean, running water (warm or cold).
- Apply enough soap to cover all hand surfaces.
- Rub hands together vigorously for at least 20 seconds.
- Rinse thoroughly under running water.
- Dry hands completely with a clean towel or air dryer.

### Using Hand Sanitizer

When soap and water are unavailable, alcohol-based hand sanitizers containing at least 60% alcohol are effective alternatives. They work by destroying many types of germs and are quick to use. To maximize effectiveness:

- Apply enough sanitizer to cover all hand surfaces.
- Rub hands together until they feel dry, about 20 seconds.

Note: Hand sanitizers do not remove dirt or grease and are less effective when hands are visibly dirty or greasy.

## Keeping Hands Dry

Drying your hands thoroughly after washing is as important as washing them. Moisture can harbor bacteria and fungi, leading to skin irritation or infections. Proper drying techniques include:

- Using a clean, dry towel to wipe hands completely.
- Utilizing air dryers in public washrooms for quick drying.

Avoid leaving hands damp, as this can promote the growth of microorganisms and cause skin problems like chapping or dermatitis.

## Additional Tips for Maintaining Hand Hygiene

### Avoid Touching Unnecessary Surfaces

Minimize contact with surfaces that are likely to be contaminated, such as elevator buttons or public touchscreens. Use your elbow or a tissue to operate buttons when possible.

### Practice Good Personal Hygiene

In addition to hand hygiene, maintain overall cleanliness by bathing regularly, keeping nails trimmed, and avoiding biting nails or picking at skin.

### Use Gloves When Necessary

In certain professions or situations?such as healthcare, cleaning, or handling chemicals?wearing gloves provides an extra layer of protection. Remember to wash and dry hands thoroughly before and after glove use.

## The Broader Benefits of Keeping Hands Clean and Dry

### Protection of Family and Community

By practicing good hand hygiene, you reduce the risk of transmitting germs to family members and

colleagues. This communal effort helps maintain a healthier environment for everyone.

## Enhancing Personal Confidence and Comfort

Clean and dry hands contribute to personal comfort and confidence, especially when engaging in social interactions, preparing food, or working in professional environments.

## Supporting Overall Health and Well-being

Consistent hand hygiene is linked to fewer sick days, better immune system function, and improved mental health by reducing anxiety associated with illness.

## Conclusion

In conclusion, keeping your hands clean and dry is a simple yet powerful practice that significantly impacts personal health, social interactions, and community well-being. Incorporating regular handwashing with soap and water, using hand sanitizers when necessary, and ensuring hands are thoroughly dried are essential steps in preventing disease transmission. As we navigate daily life, especially in times of health crises, fostering good hand hygiene habits becomes more important than ever. Remember, clean hands are not just about appearance?they are a vital shield against illness and a cornerstone of good health practices. Prioritizing hand hygiene can lead to healthier, happier lives for individuals and communities alike.

Keeping Your Hands Clean and Dry Essay: An In-Depth Exploration of Hygiene Practices and Their Impact

In the realm of personal hygiene, the importance of maintaining keeping your hands clean and dry cannot be overstated. Hands serve as the primary vectors for many pathogens, making their cleanliness a vital component of overall health and disease prevention. This essay delves into the multifaceted aspects of hand hygiene, examining the significance of cleanliness and dryness, exploring effective methods, analyzing common pitfalls, and highlighting emerging innovations that enhance hand hygiene practices.

## The Significance of Hand Hygiene in Public and Personal Health

Hand hygiene is universally recognized as a cornerstone of infection control. The World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) emphasize that proper handwashing can eliminate up to 99% of germs, including bacteria, viruses, and fungi. Given the frequency with which hands contact surfaces, objects, and personal tissues, neglecting hand cleanliness significantly elevates the risk of transmitting infectious agents.

Key reasons why hand hygiene is critical include:

- Preventing Disease Transmission: Hand contact is a common pathway for pathogens causing illnesses such as influenza, COVID-19, norovirus, and gastrointestinal infections.
- Protecting Vulnerable Populations: Young children, the elderly, and immunocompromised individuals are particularly susceptible to infections transmitted via contaminated hands.
- Reducing Healthcare-Associated Infections (HAIs): In clinical settings, proper hand hygiene is crucial in preventing HAIs, which can lead to prolonged hospital stays and increased mortality.

## Understanding the Dual Role of Cleanliness and Dryness

While washing hands thoroughly is essential, equally important is ensuring hands are adequately dried. The interplay between cleanliness and dryness not only affects the removal of germs but also influences the skin's health and the potential for bacterial growth.

### The Science Behind Hand Dryness

Moisture on the skin provides an ideal environment for bacteria to thrive and can compromise skin integrity, leading to microabrasions that serve as entry points for pathogens. Conversely, overly dry hands may crack, creating openings for infections and increasing discomfort. Proper drying techniques help eliminate residual moisture, reducing microbial presence and maintaining skin health.

### Impacts of Inadequate Drying

- Increased Bacterial Transfer: Studies show that wet hands transfer bacteria more efficiently than dry hands.
- Skin Irritation and Damage: Excess moisture can cause dermatitis, leading to peeling and cracking.
- Reduced Efficacy of Hand Sanitizers: Alcohol-based sanitizers are less effective if hands are not dry, as water can dilute the active ingredients.

## Effective Methods for Achieving Clean and Dry Hands

Achieving optimal hand hygiene involves a systematic approach encompassing proper washing techniques and effective drying methods.

### Proper Hand Washing Technique

The CDC recommends the following steps:

- Wet hands with clean, running water (warm or cold).
- Apply soap and lather thoroughly, covering all surfaces, including the backs of hands and under nails.
- Scrub hands for at least 20 seconds. Singing a short song like "Happy Birthday" twice can serve as a timer.
- Rinse thoroughly under running water.
- Dry hands completely using an appropriate method.

## Effective Drying Techniques

Drying is a critical step often overlooked. The following methods are recommended:

- Paper Towels: Effective at removing residual water and microbial contaminants. They also allow for the turn-off of faucets without recontaminating hands.
- Air Dryers: Modern high-efficiency hand dryers can be effective, but they must be properly maintained to prevent dispersing bacteria.
- Cloth Towels: Suitable in personal settings but require regular washing to prevent bacterial buildup.

Best practices include:

- Using a fresh, dry paper towel to thoroughly dry hands.
- Turning off faucets with a paper towel or using foot-operated fixtures to avoid recontamination.
- Ensuring hands are dried completely before touching surfaces or objects.

## Common Challenges and Misconceptions in Hand Hygiene

Despite widespread awareness, several misconceptions and challenges hinder effective hand hygiene:

- Belief that Hand Sanitizers Replace Washing: Sanitizers are effective when hands are not visibly dirty but are less effective against certain pathogens and cannot remove physical dirt.
- Overreliance on Hand Dryers: Some believe air dryers are sufficient, but poorly maintained devices may spread bacteria.
- Inadequate Duration or Technique: Rushing through handwashing or missing areas like under

nails diminishes effectiveness.

- Neglecting Drying: Many skip proper drying, thinking washing alone suffices, which can lead to microbial transfer.

## Innovations and Future Directions in Hand Hygiene

Advances in technology and materials science are shaping the future of hand hygiene practices:

- Touchless Fixtures: Sensor-activated sinks and soap dispensers reduce contact points, minimizing contamination.
- Antimicrobial Materials: Incorporating copper or silver into hand towels or surfaces can inhibit bacterial growth.
- Smart Hand Hygiene Monitoring: Sensors and IoT devices track handwashing frequency and technique, providing feedback and promoting compliance.
- Enhanced Sanitizers: Development of formulations with prolonged activity or skin-friendly ingredients encourages regular use.

## Practical Recommendations for Maintaining Optimal Hand Hygiene

To foster consistent and effective hand hygiene, consider the following guidelines:

- Wash hands with soap and water for at least 20 seconds during key moments, such as before eating or after using the restroom.
- Dry hands thoroughly using paper towels or suitable air dryers.
- Use alcohol-based hand sanitizers (with at least 60% alcohol) when soap and water are unavailable.
- Avoid touching face, eyes, or mouth with unwashed or damp hands.
- Regularly clean and disinfect frequently touched surfaces and tools.
- Educate oneself and others about proper hand hygiene techniques and the importance of dryness.

## Conclusion: The Critical Role of Keeping Your Hands Clean and Dry

Effective hand hygiene, emphasizing both cleanliness and dryness, remains one of the simplest yet most powerful defenses against the spread of infectious diseases. By understanding the science behind hand contamination, employing proper washing and drying techniques, and staying informed about technological innovations, individuals and organizations can significantly reduce health risks. As public health challenges evolve, so too must our commitment to maintaining impeccable hand hygiene standards?an essential barrier in safeguarding personal and community health.

In sum, the pursuit of clean and dry hands is not merely a routine but a vital act of health stewardship. Recognizing its importance, understanding the methods, and embracing innovations will ensure that this simple act continues to wield immense protective power.

**QuestionAnswer** Why is it important to keep your hands clean and dry? Keeping your hands clean and dry helps prevent the spread of germs and infections, protecting both yourself and others from illnesses. What are the best methods to keep hands clean and dry throughout the day? Washing hands regularly with soap and water, using hand sanitizer when soap isn't available, and thoroughly drying hands with a clean towel or air dryer are effective methods. How does maintaining dry hands contribute to overall hygiene? Dry hands reduce the likelihood of bacterial growth and skin irritation, ensuring better hygiene and reducing the risk of infections. What are common mistakes people make when trying to keep their hands clean and dry? Common mistakes include not washing hands thoroughly, skipping hand drying, using contaminated towels, or neglecting hand hygiene after touching surfaces. Can keeping hands clean and dry prevent specific diseases? Yes, proper hand hygiene can prevent diseases such as colds, flu, COVID-19, and gastrointestinal infections by removing harmful pathogens. What role does hand hygiene play in public health? Hand hygiene is a critical component of public health, reducing the transmission of infectious diseases and promoting community wellness. How can workplaces promote good hand hygiene among employees? Workplaces can provide handwashing stations, hand sanitizers, and educational materials to encourage frequent and proper hand hygiene practices. Are there specific hand care tips to ensure hands stay clean and healthy? Yes, use gentle soaps, moisturize regularly to prevent dryness, and avoid harsh chemicals that can damage the skin while maintaining cleanliness. What is the significance of drying hands properly after washing? Proper drying removes remaining moisture that can harbor bacteria, reducing the risk of infection and skin irritation.

**Related keywords:** hand hygiene, personal cleanliness, hand washing, hygiene practices, drying techniques, germs prevention, sanitation tips, cleanliness importance, health and hygiene, hygiene habits

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