

## HANG NAILS

These are very common. It's when the skin near the edge of your nail tears and bleeds a little. This can sting and be really sore. Don't worry; it's easy to take care of. Make sure you don't rip it off! Just wash your hands with soap and water. Cut off any extra skin with nail clippers. Put some antibiotic cream on it then cover it with a bandage. And voila! If it's not healed in a few days, go to the dermatologist.



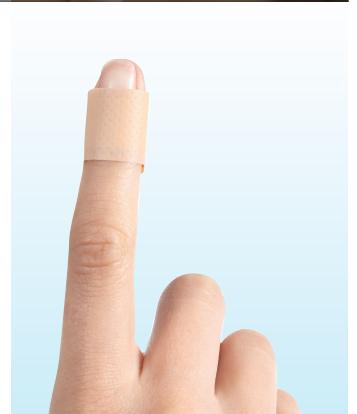
## NAIL BITING

You have probably heard your parents tell you to stop biting your nails. You might not want to hear this, but they are right! Biting your nails can cause the skin to bleed or cause open sores that let germs in, which can lead to infection. Biting your nails is also bad for your teeth and can lead to gum infections. The best way to prevent these complications? Don't bite your nails!



## NAIL INJURIES

Have you ever slammed a door on your finger? Or dropped something heavy on your toe? This can lead to a nail injury causing bruising under the nail, brownish-reddish lines in the nail, or white spots as the nail grows. If you injure your nail, have your parents put some ice in a towel or piece of cloth, and put the wrapped ice on your nail to help with swelling. Keep your nail elevated, and, if it really hurts or is badly bruised, see a doctor. Sometimes the nail might even fall off! That's okay; it will grow back over time.



## MANICURES AND PEDICURES

Believe it or not, it's possible to get infections when getting a manicure or pedicure. Although many people get manicures and pedicures to take care of their nails, they may also be at risk for infection if the salon is not clean. Make sure when getting a manicure or pedicure that the salon is clean. Don't shave your legs less than 24 hours before getting a pedicure because germs can get into a small cut on your leg. Feel free to ask the salon how they keep their tools clean, and also make sure the technicians wash their hands between appointments!

