

# NAILS AND JEWELLERY

## Before providing care...

### Remove chipped nail polish

- it can harbour micro-organisms

### Wash under rings

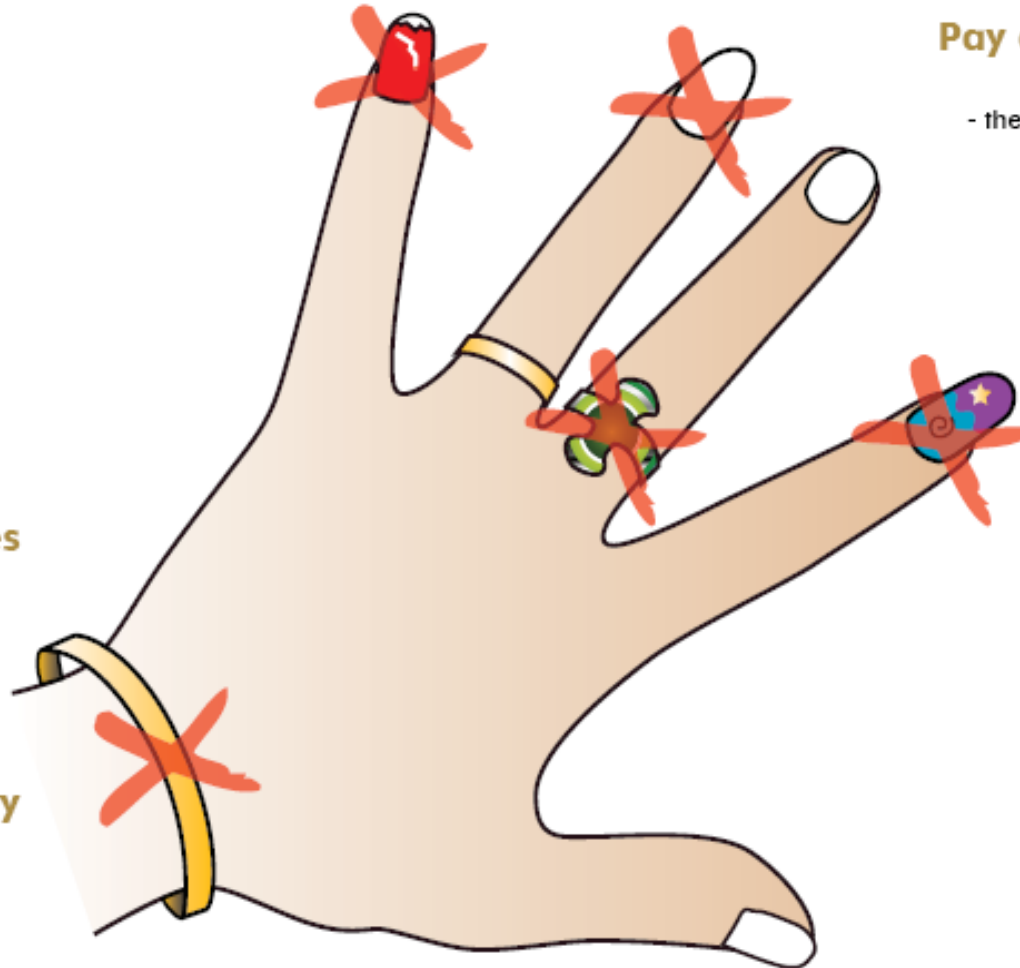
- guidance permits a plain wedding band

### Do not use nailbrushes

- they can lead to abrasions:  
a potential site for infection

### Remove wrist jewellery

- stay bare below the elbow



### Pay attention to washing under the nails

- the majority of micro-organisms are found here

### Keep nails short

- they are easier to clean and less likely to tear gloves

### Do not wear artificial nails

- they have been linked to fungal infections

### Remove rings

- they may tear gloves and harbour micro-organisms