
Fingernail Care



Cleaning and Trimming

- Cleaning and trimming fingernails are essential - they can harbour dirt and germs & contribute to the spread of infections and bacteria.
- Clean under fingernails with soap and water.
- Fingernails should be kept short, if supported with nail care – use clippers, not scissors, to trim nails.
- Ideally clip fingernails after a bath or shower – they will be softer to cut.
- Before clipping or grooming nails, all equipment (for example nail clippers and files) should be properly cleaned. Do not share nail tools between people.
- Signs of Infection – swelling of the surrounding skin, redness of the skin, pain in the surrounding area or thickening of the nail.
- Avoid biting or chewing nails.
- Avoid cutting cuticles – they are a barrier to prevent infections.

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