Name _____

Nailed It: The Significance of Clean and Trimmed Nails

Short Answer

1. Explain why clean and trimmed nails are crucial for preventing nail infections.

2. How can regular nail care contribute to your overall appearance and confidence?

3. Describe the role of the nail matrix in nail growth.

4. Share some tips for maintaining clean and trimmed nails as part of your routine.

5. Why is it important to avoid using sharp objects to clean under your nails?

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