

Name \_\_\_\_\_

## Nailed It: The Significance of Clean and Trimmed Nails

### Short Answer Key

1. Clean and trimmed nails prevent the buildup of dirt and bacteria, reducing the risk of infections like fungal nail infections or ingrown nails.
2. Regular nail care enhances your overall appearance and confidence because it makes you look more put together and presentable.
3. The nail matrix is the hidden area under the cuticle from which nails grow. It produces keratin, the protein that makes up nails.
4. Some tips for maintaining clean and trimmed nails include regular trimming, filing, using a nail brush to clean under nails, and applying moisturizer to keep them hydrated.
5. Using sharp objects to clean under your nails can cause injury, leading to pain and potential infections.

