6 TIPS

TO PROTECT YOUR SKIN WHILE DOING CHORES

CLEAN YOURSELF AFTER YOUR HOME

Finish your cleaning by washing your hands and face, so you'll remove any stubborn bacteria and refresh your skin.

DRESS UP FOR CLEANING

Cover yourself wearing clothes like sweatpants and a long-sleeved shirt, so grime and spills won't get on your arms and legs.

USE WARM WATER

Overall, cleaning with warm water will be gentler to your skin and works better with some cleaning agents.

QUENCH YOUR THIRST

It's crucial to drink water throughout cleaning. Having your skin exposed to chemicals or allergens is way worse when you're dehydrated.

WEAR GLOVES

When handling cleaning solutions and harsh chemicals, wear gloves to avoid dirt under your nails and irritating your hands.

GO WITH GREENER ALTERNATIVES

If conventional cleaners give your skin trouble, look for fragrance-free, eco-friendly products. Natural cleaners like baking soda work too!

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SOURCES: www.webmd.com | www.everydayhealth.com