

CLIP YOUR RISK

Poor grooming is more than just ugly—it's dangerous

Careful with those clippers: Trimming your toenails the wrong way can expose you to MRSA, a potentially deadly form of antibiotic-resistant staph bacteria. Over the past 2 years, members of the American College of Foot and Ankle Surgeons have seen an alarming increase in cases of MRSA contracted as a result of ingrown toenails. "When the nail grows into the skin, it causes a cut, which can then become infected," says spokesman Karl Collins, D.P.M. Trim your nails straight across; cutting on a curve increases the chances of the nail biting back. If you already have an ingrown nail, bandage it and see your doctor or a podiatrist.

PHOTOGRAPH BY JAMIE CHUNG

Always wear flip-flops in the locker room: Athlete's foot can cause tiny cuts in your feet, putting you at risk for a MRSA infection.