

## 6 WAYS

# YOU CAN PROTECT YOUR SKIN WHILE TACKLING HOUSE CHORES

### 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.



### 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.

### 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!



### WEAR GLOVES

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

