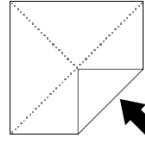


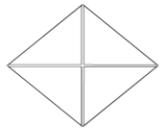
1. Fold corners so it meets the other side. Do this for both sides.



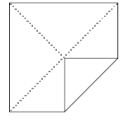
2. Cut the edge evenly



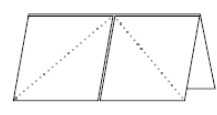
3. Fold up all 4 corners so the points meet in the middle.



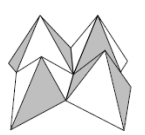
4. It should look like this. Now, flip it over.



5. Fold up all 4 corners so the points meet in the middle.



6. Fold the top back.



7. Work your fingers into the four corners and work the creases to form the four points.

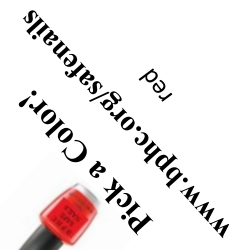
The Safe Nail Salon Project's Anti – Cootie Catcher: Find a friend and ask them to pick a color. Move the flaps in and out and side to side while spelling the name of the color. Then ask her to pick a safety question. Open the flap inside to reveal your safe nails answer!



blue

If tools are not cleaned, I may be at risk of getting..

What precautions should I take when getting a pedicure?



red

If I am concerned about the safety of a nail salon, I should..

Leave if it is unclear and contact the BPHC Safe Nail Salon Project at 617-534-5965 or bphc.org/safenails

Staph infections, finger herpes, hepatitis, fungus, warts, other diseases

Don't shave legs within 24 hrs, ask if foot spa is clean, ask for new towels

How can I avoid infection in the nail salon?

Ask for clean tools that haven't been used on others or bring your own



617-534-5965
www.bphc.org/safenails

MMA or methylmethacrylate, a compound banned by the FDA

Nonmetal items should be thrown out: (i.e. pumice stones, toe separators, flip flops)

If I am getting fake nails, make sure the salon is not using..

Avoid nail polishes that contain toluene, formaldehyde, and dibutylphthalate

A 10% bleach solution is the only thing that will kill germs

What disposable tools should only be used on one customer?



yellow

What "toxic trio" should I avoid when picking out nail polish?

Make sure my nail salon sanitizes metal tools with..



purple