

Free Bonus Report-  
Toenail Fungus Prevention Tips  
How To Prevent Toenail Fungus from coming back once it's gone  
from [nailfungus.preventfungus.com](http://nailfungus.preventfungus.com)

#### What Is ToeNail Fungus?

A toe nail fungus infection (medically called Onychomycosis) is caused by Dermatophytes, or skin fungi, that penetrate warm, moist skin through minor cuts on your toes or the space between the nail and nail bed. contagious and persistent, toenail fungus can live in your shoes and be transferred through skin contact.

#### Do I Have Toenail Fungus?

What to Look For,

Toenail fungus Symtoms are:

- \* thickening of the toe nail
- \* brittle, crumbly or ragged toe nails
- \* distorted toe nails
- \* dull colored nails, lacking luster or shine
- \* dark from the build up of debris and dead skin under the nail
- \* separation from the nail bed (or "onycholysis")
- \* pain
- \* foul odor

For a full description and treatment procedures, download the Ebook [Nail That Fungus Forever! The Ultimate Ebook on Toenail Fungus Solutions!](#)

#### Toenail Fungus Prevention Tips:

- \* Keep your nails short, dry and clean. Trim nails straight across and file down thickened areas.
- \* Wash and dry yourself at least daily from head to toe (the spread of dermatophytes from toenail fungus can spread to become foot fungus, athlete's foot, jock itch or yeast infections). Immediately wash towels and socks in hot water and soap.
- \* Be sure to wash and thoroughly dry your feet and toes at least every day. Use medicated foot powder or baking soda to help absorb moisture. Cornstarch is an inexpensive option, but will increase the problem if used in shoes.
- \* Wear appropriate socks. Change them at least once a day, or immediately after vigorous activity or sweating. Synthetic socks that wick away moisture may keep your feet dryer than wool or cotton socks (you can also wear wicking synthetic sock liners underneath other socks).
- \* Make sure your socks and shoes aren't so tight that your feet have no breathing room. Take your shoes off occasionally during the day and change shoes after exercise. Alternate closed-toe shoes with open-toed shoes.
- \* Use a medicated anti-fungal powder or spray. Spray or sprinkle your feet and the insides of your shoes.
- \* Wear rubber gloves. This protects your hands from overexposure to water. Between uses, turn the rubber gloves inside out to dry.

- \* Don't pick at or trim the skin around your nails. This gives dermatophytes (skin fungi) access to your skin and nails. Don't share your pedicure tools with others!
- \* Choose a reputable manicure and pedicure salon. Make sure the salon sterilizes its instruments. Better yet, bring your own!
- \* Don't go barefoot in public places. Wear sandals or shoes around public pools, showers, saunas, and locker rooms.

To Begin a Toe Nail Fungus Cure that begins working within 24 hours, get a copy of "[Nail That Fungus Forever! The Ultimate Ebook on Toenail Fungus Solutions!](#)"

Toenail Fungus Is Contagious!

How To Stop The Spread of Toenail Fungus

If you have nail fungus on one or more of your toe nails, it is vital that you stop it from spreading to your other toe nails, finger nails, and other warm, moist areas like the genitals.

- 1) Practice good hygiene. Use a gloved hand to treat your nails and wash your hands thoroughly after that.
- 2) If you have a cut, do not touch an infected toe nail, no matter how small the cut is. Nail Fungus dermatophytes are microscopic organisms seeking tiny openings in the skin to penetrate and spread.
- 3) To prevent other toes from contracting fungus, use anti-fungal powder or spray on the other toenails of the same foot.
- 4) Give your toe nails room to breathe. Use open-toe sandals or shoes as much as possible, which keeps your toe nails dry.
- 5) Wash your socks separately. Clothing items that have come into contact with toe nail fungus need to be washed separately and immediately in super hot water with plenty of baking soda and soap.
- 6) Give up nail polish and artificial nails for a while. Although you may be tempted to hide nail fungus infections under a coat of some pretty pink polish, any covering doesn't allow the nail to breathe, can trap unwanted moisture, and worsen the infection.

To Get Rid of Toenail Fungus, get the Instant Download of [Nail That Fungus Forever! The Ultimate Ebook on Toenail Fungus Solutions! Click Here](#)

Best of Health and Happiness,

Damon

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