

Be careful when touching your hands on the back of the body

Restricted areas of the body if touched often will spread the bacteria, affect healthy porcelain or may cause some serious diseases.

Did you know that while washing your hands clean in clean water or using soaps, your hands and fingers can still contain germs and spread to other parts of your body? Especially in areas that are prohibited on the body, can cause serious illnesses, when germs spread from hands. In the following article, we will list the parts of the body that you should not touch your hands regularly.

1. Ear canal

The eardrum in the ear is extremely sensitive to sharp objects. Just by accidentally touching an object in your ear can cause a puncture of the atrium, leading to complete deafness. Besides, things that you put into your ear can be contaminated with infection that can cause ear infections. So do not use your hands or other sharp objects to scratch and scratch your ears. If you have problems in your ears, see your doctor.



2. Face

You can use your hands to wash your face or skin care. But if the hand is on the surface with a lot of bacteria, rub it on the forehead with the hand, the bacteria will invade the face. Your fingers contain oils that clog pores on your face and easy-to-acne skin, said Adnan Nasir, Men's Health dermatologist.



3. Anal

It can be said that in the body parts, the anus is the place that contains the most harmful bacteria. In case of necessity you should only use your hands to clean the anus after going to the toilet, and be sure to wash your hands thoroughly with water or other cleaning products.

4. Mouth

Recent research in the UK shows that people tend to put their fingers up or around their mouths an average of 23.6 times an hour when they're bored at work. And they put their fingers in their mouths 6.3 times every hour when busy. The study, published in the Journal of Applied Microbiology, shows that one-third to one-quarter of pathogens are transferred from fingers to the mouth.



5. Breathe in the nose

Many people, especially young children, have a habit of picking their nose with their hands. However, this may affect the lining of the nose or may scratch the nose causing infection. Besides, sneezing can break and lose nose hair. Which nose hair which has the effect of protecting the nose, preventing dust from entering.



6. Eyes

All lesions in the eye area cause frightening consequences. So do not rub your hands and rub your eyes. Germs from the hands that can cause eye problems such as eye pain or worse than your fingernail can tear the body area.



7. Skin under nails

There are many types of microorganisms in your nails. Cut your nails often to limit their proliferation. In addition, do not touch the area under the nail because this is the place with the most bacteria. Many people have a habit of biting nails. However, this job is extremely dangerous. Nail bacteria can be transmitted directly through the salivary glands into the body causing some gastrointestinal problems.



8. Closed area

To prevent contaminated areas, you should not touch your hands when not so hygienic, do not use scented soaps or strong detergents to clean the private area. These products will inadvertently change the internal pH environment, creating favorable opportunities for the yeast bacteria to have a strong rebellion.

Daily habits such as touching your face, rubbing your eyes, biting your nails, . that you often think of harmless but potentially many health risks, can even bring about dangerous diseases.

Refer to the following articles:

1. How to chase mosquitoes against Zika virus
1. 10 habits of "nourishing" kidney disease every day need to stop immediately
1. 7 habits are "quietly killing" you every day

Wish you and your family healthy!

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