



I obey all the warnings recommending washing hands while dealing with dirty surfaces on the road and in the air. I'll be taking a train trip next week and wonder if I should not only wash, but also put on gloves. Advice? *JKH, New Amsterdam NY*

A: If you have sore or tender skin, wear gloves. No matter what your skin condition, it's a good idea to wear tight plastic gloves when using public transportation, especially when using public toilets. Thoroughly wash hands and gloves as often as possible in hot, soapy water. Carry an extra pair so you're always prepared for protection.