



What's the Big Deal?

Fighting infections, foot problems can be very serious! Once a problem starts, healing can be slow and difficult.

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Be Sweet to Your Feet

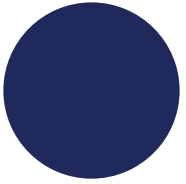
Practical Things You Can Do to Take Care of Your Feet



Do



- Do Apply lotion to dry skin, but NOT between toes.
- Do Wear clean socks made of natural fibers such as cotton or wool.
- Do ALWAYS wear shoes to protect feet from injury.
- Do Feel inside your shoes for sharp edges or objects that might hurt.



Don't



- Do not wear flip flops, plastic shoes or pointy toed shoes.



Shoes



- Make sure they fit well.



How to Cut Your Toenails

