

# Healthy Feet

*Here are some tips to help you keep your feet healthy...*

- ✓ After showering, clean and dry well between your toes to prevent build-up of dead skin, excess moisture and fungal infections.
- ✓ Apply cream to your feet daily. Be sure to avoid putting cream between the toes.
- ✓ Change your socks daily and rotate shoes to ensure they dry out between wears. This will reduce the risk of fungal infections.
- ✓ Check your feet daily to ensure there is no redness or rubbing from shoes. Any shoes which cause rubbing shouldn't be worn.
- ✓ Check inside your shoes for foreign objects and check the bottom of shoes for wearing at the sole.
- ✓ Ensure your shoes and socks fit you well (socks should not leave a mark on your leg).