

# Take care of your feet this summer!

## Prevent infections and burns.

- Try not to walk barefoot. Walking barefoot makes you more likely to get a foot sunburn, warts, athlete's foot, and other infections.
- Put sunscreen on your feet and ankles. If you go in the water or sweat a lot, put sunscreen on again.
- Wear shoes or flip-flops at the pool, beach, in locker rooms and public bathrooms.
- Wait until your wet shoes are fully dry to wear them again.
- If you have diabetes, **never** walk barefoot on cement or sand. Your feet can get badly burned but you may not feel it.



## Support your feet.

- Flex your ankles, wiggle your toes and stretch your calves 2 times a day.
- Wear shoes or sandals that bend at the toe and have an arch support. Do not wear shoes that bend in half.
- Drink 8-10 cups of water every day. This prevents foot swelling from the heat.
- If you hurt your feet, go to a doctor right away. Do not wait.

## Your summer foot care tool kit should have:

1. **Flip flops that support your feet** for the pool, locker rooms, and bathrooms.
2. **Sterile bandages or tape** for small cuts and scrapes.
3. **Ointment** like Triple Antibiotic or Neosporin for a skin wound.
4. **Lotion** to keep your feet hydrated.
5. **Blister pads or moleskin** to protect your skin from blisters.
6. **Painkillers** to help with tired and swollen feet.
7. **Toenail clippers** to prevent cracked toenails or hangnails.
8. **Emery board** to smooth rough edges or broken nails.
9. **Pumice stone** to soften tough skin.
10. **Sunscreen** to protect you from sunburns.
11. **Aloe Vera or Silvadene cream** to take care of small sunburns.

**Talk with your CHN foot doctor for more information!**