



COVER SKIN SORES

If you see cuts or sores
put a Band-Aid on it before
germs can infect it.



GET THEM CHECKED

To keep your feet strong go
to your local health clinic.



STEPS TO LOOK AFTER YOUR FEET



LOOK AT YOUR FEET

Check your feet for injuries every day. You can use a mirror, take a photo with your phone or ask a friend or family member to help you.



WASH YOUR FEET

Give them a clean with soap and water every day.



DRY YOUR FEET

Make sure you dry them well, especially between your toes to stop skin infections.