

Good foot care practices



Wear well-fitting and covered footwear

- Wear well-fitted covered shoes with socks
- Home sandals are recommended
- Check and remove any stones or sharp objects inside shoes before wearing them

Apply simple first aid for small wound

- Clean small wound with saline before applying antiseptic and covering with a plaster
- Seek medical help if there is no improvement after two days or if there are signs of infection

Seek medical help if wound is not healing well, or worsens

- If signs of infection are present, such as redness, swelling, increased pain, pus, fever, or the wound starts to smell, seek medical help as soon as possible