

Good **foot care practices**

Monitor feet every day

- **Watch out for:**
 - Blister, wound, corn, callus, or toenail abnormality
 - Redness, swelling, bruise, or increased warmth

Maintain good foot care and hygiene

- Clean feet daily with mild soap and water
- Dry thoroughly between each toe
- Use a pumice stone or foot file to gently remove hard skin
- Avoid cutting nails too short; cut them straight across and file corners

Moisturise regularly

- Avoid using harsh soap
- Apply moisturiser daily but not between each toe
- Avoid scratching skin as it may lead to wound or bleeding

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