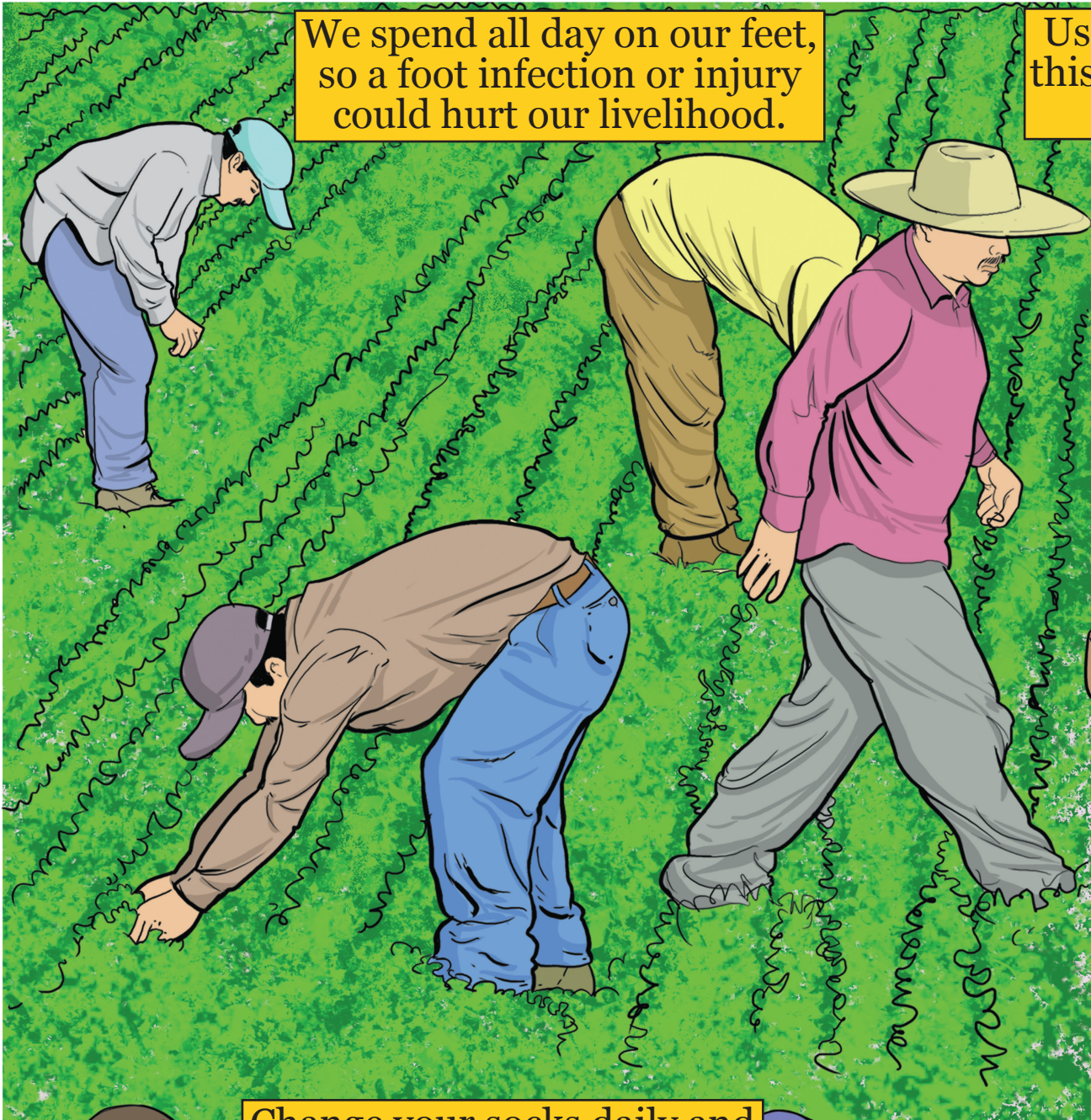


Foot Care and Safety

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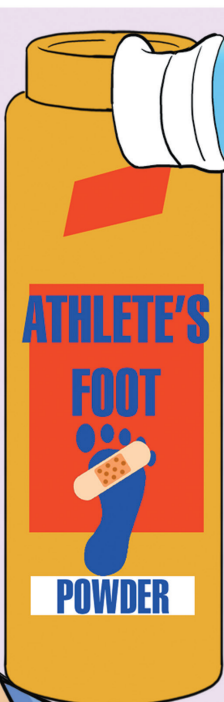
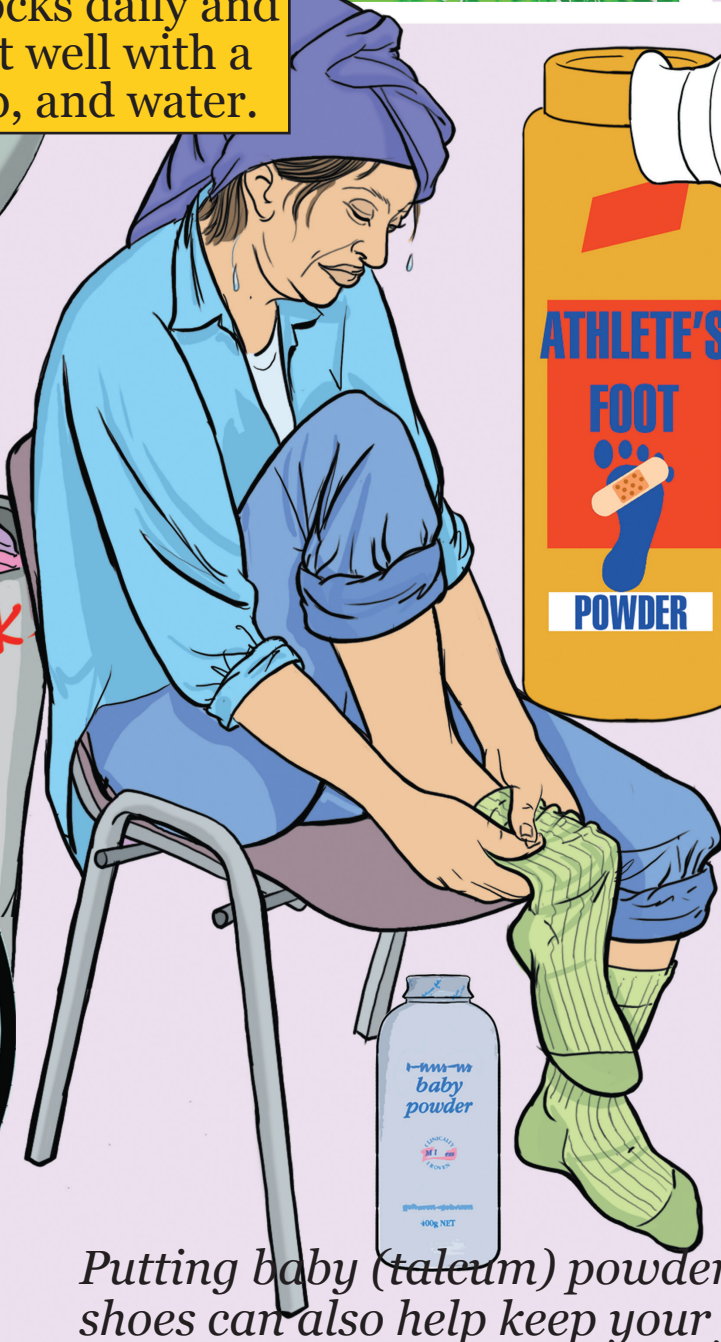


We spend all day on our feet,
so a foot infection or injury
could hurt our livelihood.

Use shoes that keep your feet dry,
this will help prevent athlete's foot,
a fungal infection.



Change your socks daily and
wash your feet well with a
scrubber, soap, and water.



If you do get
athlete's foot, you
can buy spray,
powder, or a
cream to treat it at
the pharmacy or
supermarket.



Putting baby (talcum) powder in your
shoes can also help keep your feet dry.