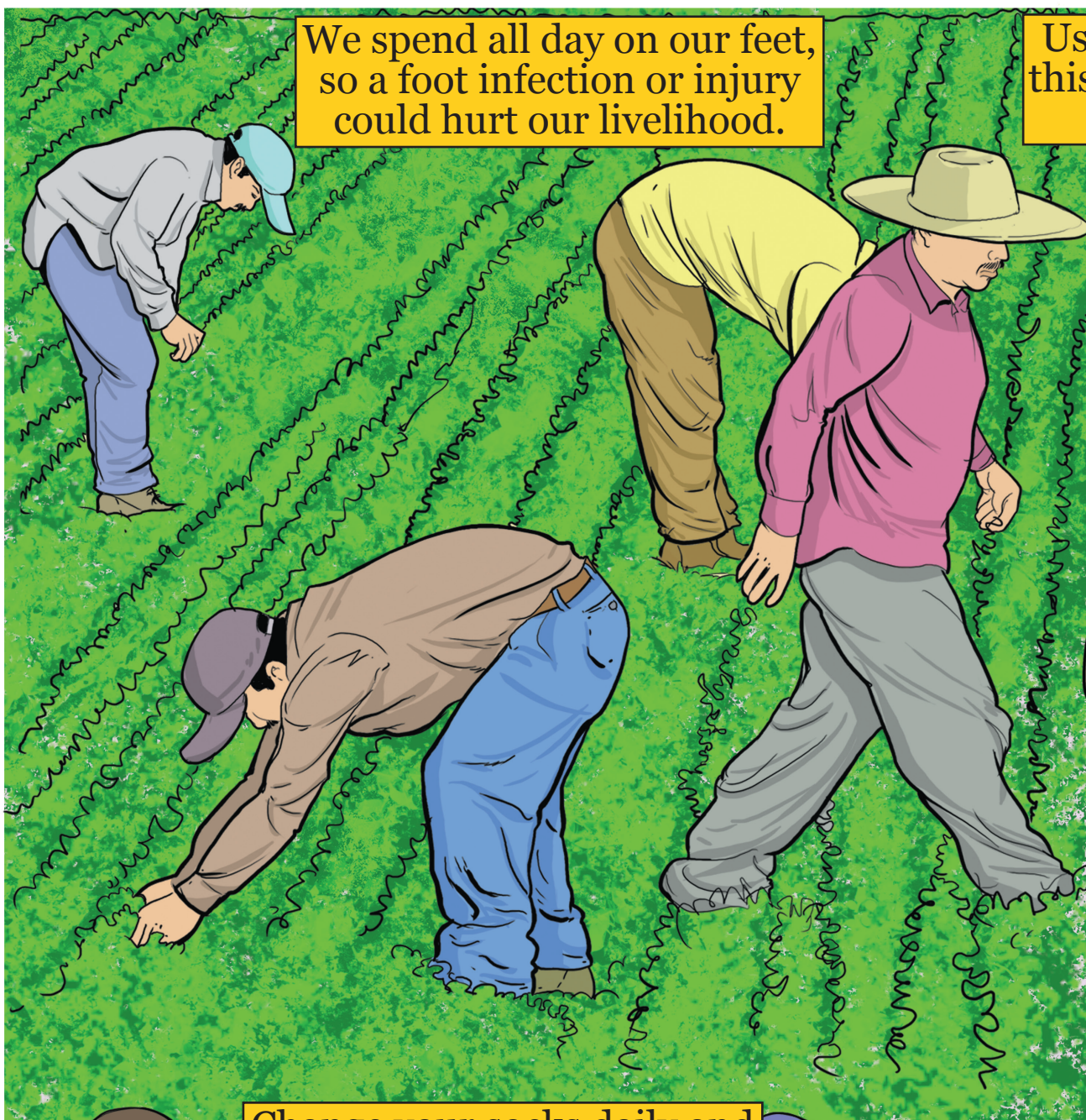


Foot Care and Safety

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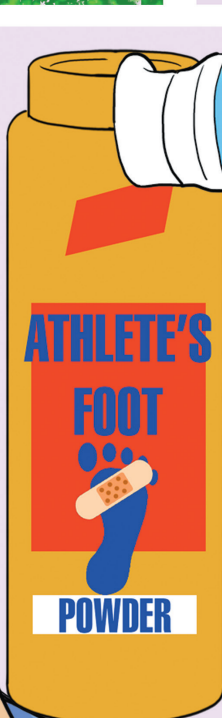
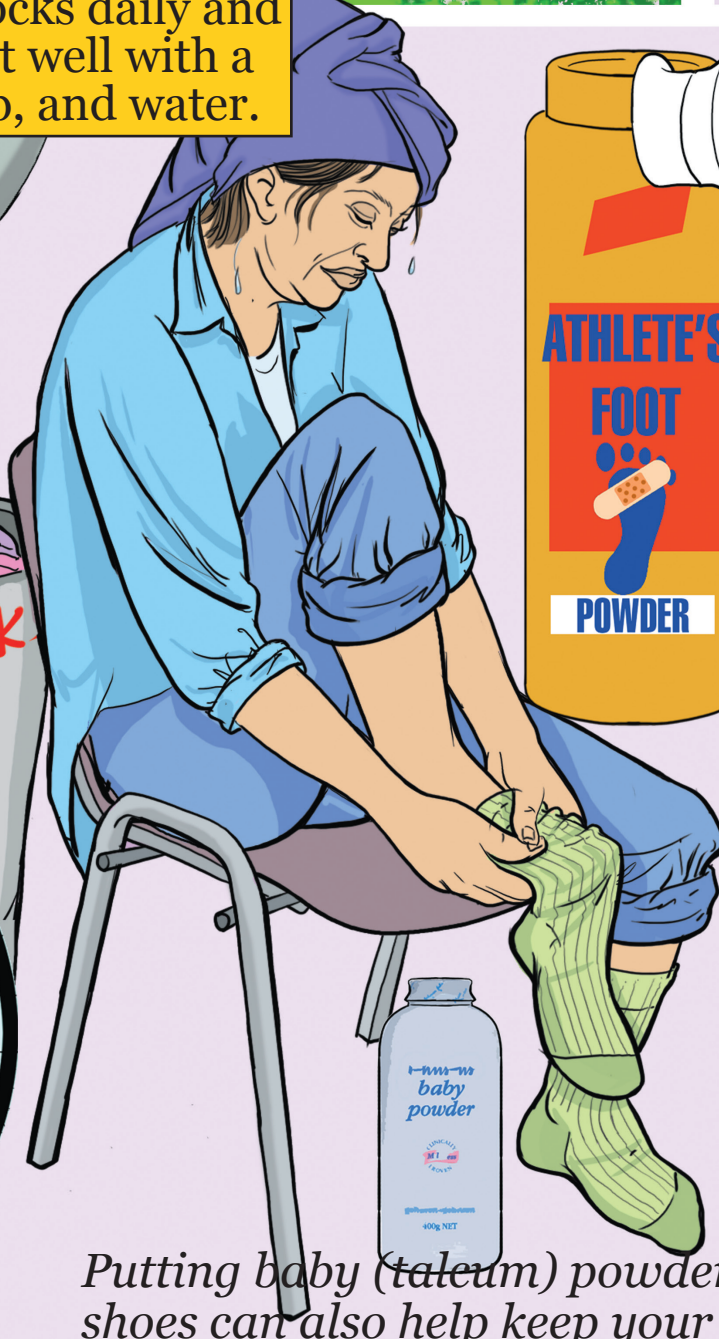


We spend all day on our feet, so a foot infection or injury could hurt our livelihood.

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.