



Call your doctor to
schedule a checkup



1325 G Street, N.W., Suite 500
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www.specialolympics.org



Special Olympics





Wash with soap and water



Inspect your feet



Always wear clean socks

Dry thoroughly



Trim nails weekly



Make sure your shoes are the correct size and are clean inside



Use powder



You should be able to wiggle your toes

Keep your feet moisturized



Wear shoes or sandals to protect your feet

Change your socks and shoes regularly

