





FOOT CARE

Why It Matters

-  **Your Feet are Important:** Foot pain or injury can slow you down and limit your ability to access essentials. They can help you reach everything you need!
-  **Infections Can Escalate Quickly:** Minor foot issues like blisters or cuts can become infected and lead to cellulitis, abscesses, or trench foot. Symptoms of trench foot include numbness, pain, redness, and swelling.
-  **Cold Weather Can Be Dangerous:** Wet socks and exposure to freezing temperatures can increase the risk of frostbite and trench foot.

The **Mesa Mobile Outreach Team** is here to support you with non-judgmental care! If you have any questions or want to access foot care resources, give them a call!

 1-877-819-4181 (toll-free!)

 www.mackaymanor.ca/mesa-mobile-outreach-program/

This resource was funded by a contribution from Health Canada's Substance Use and Addictions Program (SUAP). The views expressed herein do not necessarily represent the views of Health Canada.



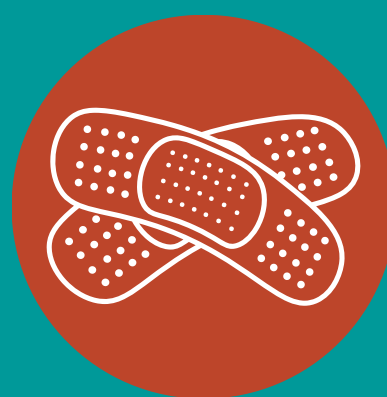
Support your Foot Health



Wash your feet in warm water with a mild soap. Dry your feet carefully, especially between your toes.



Carefully check your feet and in between your toes for cuts, cracks, ingrown toenails, and blisters.



If you have cuts, clean with mild soap and water. Dry and cover with a clean bandage. Bandages can be used on blisters too.



Trim your toenails straight across and try to avoid having any sharp edges. Avoid cutting your nails too short.



Try to wear fresh clean socks everyday. If you don't have access to laundry, dry out your socks everyday, and rotate between a few pairs.



Try to wear well-fitting shoes everyday. Dry them out whenever you can.

Financial contribution from



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