



**Call your doctor to
schedule a checkup**



Special Olympics



1325 G Street, N.W., Suite 500
Washington, DC 20005

www.specialolympics.org

*Created by the Joseph P. Kennedy, Jr. Foundation for
the Benefit of Persons with Intellectual Disabilities.*



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

