



**Call your foot doctor
to make an appointment**



Special Olympics



Nail Care



Special Olympics



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

www.specialolympics.org

mon	tues	wed	thurs	fri	sat	sun
						X
						X
						X
						X



Cut your nails once a week



When you are using clippers:



Wash nails with soap and water



Use scissors or clippers



Cut nails straight across



If your nail is discolored or thick...



Do not cut them rounded



Do not pick at your toenails with your fingers

