



**If you have a wart or your feet are itchy...**



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



# Special Olympics **Fit Feet**



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[www.specialolympics.org](http://www.specialolympics.org)

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



**Skin Care**



**Wash with soap and water**



**Dry thoroughly**



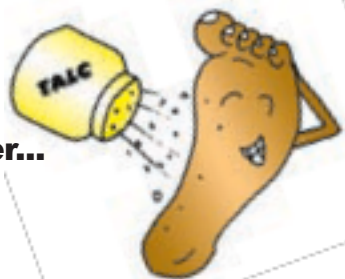
**If you get a blister...**



**Do not use an electric dryer on your feet**



**Apply powder...**



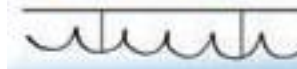
**...to prevent smelly, sweaty feet**



**Do not pop it...**



**Wear shoes to protect your feet**



**If your feet are sore...**



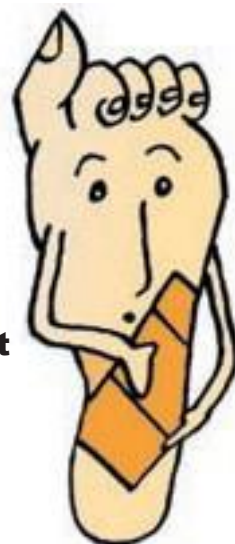
**Are your feet dry?**



**Remember to moisturize**



**Protect it with a bandage to prevent infection**



**Soak them in Epsom salts**

