

These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

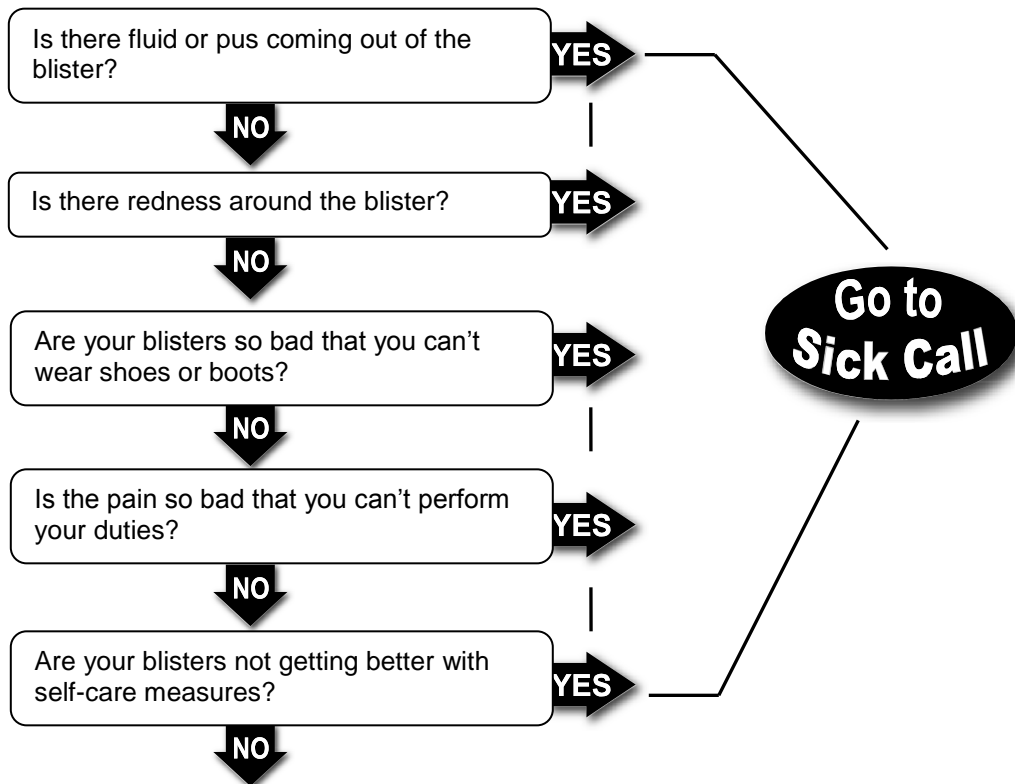
1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

Self-care Instructions for Foot Problems – Blisters

A blister is a raised spot on the skin filled with liquid. Blisters on your feet are caused by wearing shoes that don't fit right or socks in poor repair.

To avoid getting blisters, keep socks and shoes in good repair. Make sure shoes fit right and your boots are broken in properly. When wearing combat boots, wear a thin pair of nonabsorbent, non-cotton socks as a liner under your boot socks. Boot socks should also be made of a non-cotton, nonabsorbent material.

Also wear non-cotton socks during physical training. Socks made of acrylic or acrylic and polyester pull water away from the skin and help reduce blisters. If you have a blister on your foot, use this symptom evaluation chart.



Use self-care measures: Use this treatment before “hot spots” develop into blisters.

Small Blisters

- Don't pop your blister - your own skin is the best protection for healing.
- Place a small moleskin “doughnut” around the blister to protect it from further irritation.

Large/Painful Blisters

- Clean the blister area with soap and water.
- Heat the tip of a pin over a flame until it glows red, allow it to cool, and puncture a small hole at the edge of the blister.
- Drain fluid with gentle pressure but leave the “roof” of the blister intact.
- Cover with a clean dressing such as a bandage.
- Apply moleskin over the dressing to keep the dressing in place and protect the blister from further irritation.
- Clean area and replace bandage dressing daily.

Go to sick call if the blister is no better in 48 hours. Follow the chart if you get any of the symptoms listed.