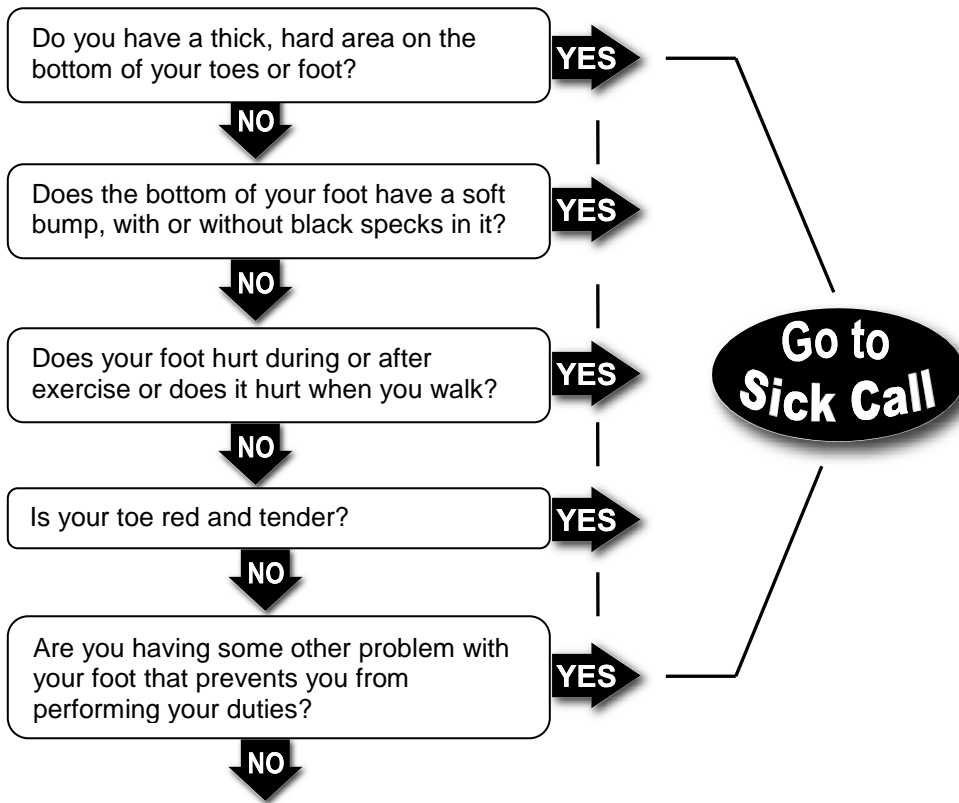


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 – Other

Your feet get used all day long. They can get corns, warts, or other symptoms that are painful and need medical attention. If you are having a problem with your feet, use this symptom evaluation chart.



To keep your feet healthy, use self-care measures:

- Wash and dry feet completely at least once a day. Be sure to dry between your toes.
- Keep your socks and shoes in good repair. Make sure your shoes and boots fit right.
- When trimming your toenails, trim straight across. Don't trim the corners because this could make the nail start to grow into your skin.
- When running, wear non-cotton socks. Socks made of acrylic or acrylic and polyester, pull water away from the skin.

Follow the chart if you get any of the symptoms listed.