

Call your doctor to schedule a checkup





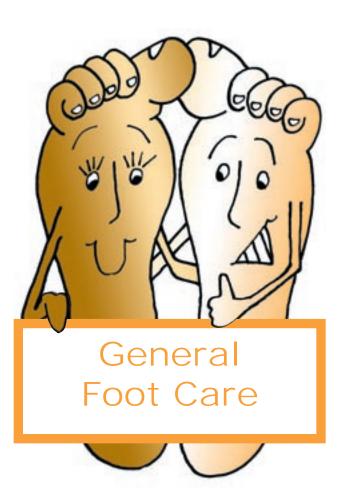


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www.specialolympics.org





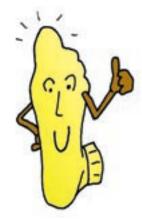




Wash with soap and water

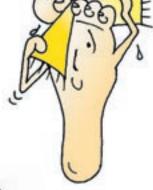


Inspect your feet



Always wear clean socks





Trim nails weekly



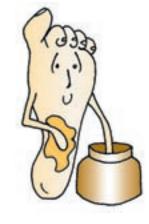
Make sure your shoes are the correct size and are clean inside

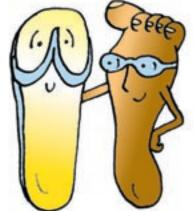


You should be able to wiggle your toes



Keep your feet moisturized





Wear shoes or sandles to protect your feet

