

Foot Wear & Care Quiz

How much do you know about proper foot wear and care?

1. **TRUE or FALSE** It's always best to ignore the small cuts on your feet and wait for them to heal

*antibiotic cream heal cuts best
on the tops or bottoms of your feet. Bandages and
1. FALSE It's a good idea to deal with a cut or bruise*

2. **TRUE or FALSE** A non-metal foot file or pumice stone is the best way to safely remove dead skin

*not harm or cut your feet when removing dead skin
2. TRUE Unlike a metal foot file, a pumice stone will*

3. **TRUE or FALSE** When soaking your feet you don't always have to check the temperature of the water

*always avoid burning and damaging your feet
3. FALSE It does not matter what age you are,*

4. **TRUE or FALSE** Plastic foot wear is the most supportive.

*blisters
4. FALSE Plastic shoe wear has little to no
breathability or support which will cause cuts and*

5. **TRUE or FALSE** When you buy new shoes, you need at least three thumb spaces of extra toe space in your shoe

5. FALSE Only one thumb space is needed

6. **TRUE or FALSE** After showering you don't have to dry your feet or between your toes, unless putting on socks or shoes

*doesn't split and cause sores or fungus
6. FALSE You need to dry both feet and between the
toes after every bath and shower to ensure skin*

7. **TRUE or FALSE** Cutting your toe nails in a straight line helps to prevent ingrown toe nails

*7. TRUE The best way to prevent ingrown toe nails is
to cut your toe nails in a straight line*

8. **TRUE or FALSE** Always check between your toes tops and bottoms of your feet, not everyone can feel or see infections and cuts

*8. TRUE Not everyone can feel or see an infection on
the bottom of their feet or between their toes. The
foot care kit contains a mirror to aid in checking your
feet*

Check Your Feet

It's always a good idea to check the bottoms of your feet everyday. Not checking them regularly puts your feet at risk of having infections from small cuts or scratches; which could become a big issue later.

Things to look for when checking the tops and bottoms of your feet

- Bunions
- Calluses
- Change of shape
- Corns
- Cracked skin
- Cuts
- Dryness
- Ingrown toe nails
- Numbness
- Sores

If you notice any of these foot problems, inform your parents and/or guardian and/or teacher and/or your doctor.

For more information, contact the IDHC Foot Care Program at C. 289-668-0551 or T. 1-888-514-1370 or T. 705-222-1370 x201 or fcc@idhc.life



Healthy Feet are Happy Feet

Foot Care for Youth



Proper Footwear

When buying new shoes, you can be drawn toward brand names, colourful and expensive shoes. It's good to have nice looking shoes but only if they're good for your feet. Bad shoes have poor or no soles; they do not support your feet. Example of these are: plastic sandals, crocs, one strap sandals, flip flops, skater shoes, shoes that are too big or too small, too narrow or too wide. Wearing these types of shoes can hurt your feet for many years—even for the rest of your life. Not wearing socks with shoes is dangerous and can lead to sores on your feet.

Wearing Socks, Selecting New Shoes, & Foot Care Tips

- Comfort and support are way more important than fashion and style
- Always wear socks with shoes
- Avoid wearing wet socks or wet shoes
- Avoid socks that create a ring around your ankle
- If cutting your own toe nails is difficult, see family doctor for assistance—because there is a right and a wrong way
- When buying new shoes — alternate between old ones and new ones, to wear them in slowly to avoid pain and potential problems
- There should be no more than one thumb space between the tip of your toes and the tip of your shoes
- A good time to go shoe shopping is at the end of the day when your feet are naturally swollen, so that the shoes fit better.



Proper Seasonal Footwear

Some Tips for Wearing Sport Shoes and Heels

- If you wear skater shoes, switch up your shoes every other day
- Buy a sport shoe that laces up rather than slippers
- Wear shoes that are snug so your shoes do not cause ankle and foot problems
- Select shoes that are made of natural material, like leather or canvas
- Heels may look good but they should be less than one- to two-inches high so your shoes allow you to walk properly and do not cause foot problems
- Always carry an extra pair of comfy shoes so you can switch shoes as needed

