



Better Safe!



WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

Caring For *Your* Feet

Be kind to your feet. Years of wear & tear can be hard on them. So can disease, bad circulation, poorly trimmed toenails, & wearing shoes that don't fit. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, & nerve or circulatory disorders.

Step In The Right Direction

Practice good foot care. Take a look at your feet often; use a mirror to look at the bottoms of your feet. Look for cuts, blisters, and ingrown toenails. Ask a member of your family for help if you need it. If you have diabetes, be sure to check your feet every day.

Remember to put your feet up when you are sitting down. This helps the circulation in your feet. So can stretching, walking, or having a gentle foot massage. A warm foot bath is also helpful. Make sure your feet are dry before you put on your shoes. Wear shoes when you're outside. If you are sitting for a long time, stand up and move around every now and then. If you cross your legs, reverse or uncross them often. Don't smoke.

If you have a problem with your feet, your family doctor can help, or you can see a doctor who treats feet, called a podiatrist.

Make Sure The Shoes Fit

Wearing comfortable shoes that fit well can prevent many foot problems. Here are some tips for making sure your shoes fit:

- » Shoe size may change as you age, so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
- » Most of us have one foot that is larger than the other. Make sure your shoes fit your larger foot.
- » Don't buy shoes without trying them on first. Shoe sizes can vary depending on the kind, make, and style. For example, the size you wear for sneakers may not be the same size you need for dress shoes.
- » Walk in the shoes to make sure they feel right. The heel of the shoe should not slide up and down when you walk.
- » Choose a shoe that is shaped like your foot. Styles with high heels or pointed toes can hurt your feet.
- » Stand up when trying on shoes to make sure there is about ½ inch between your toe and the end of the shoe.
- » Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- » Don't buy shoes that feel too tight and hope they will stretch.
- » The upper part of the shoes should be made of a soft, flexible material.
- » Soles should give solid footing and not slip. Thick soles cushion your feet when walking on hard surfaces.
- » Low-heeled shoes are more comfortable, safer, and less damaging than high-heeled shoes.

Something's Afoot: Common Problems

Fungal infections, such as athlete's foot, happen because our feet are in shoes most of the time. Shoes are warm, dark, and moist—the perfect place for fungus to grow. A fungus can cause dry skin, redness, blisters, itching, and peeling. It can be hard to cure. Over-the-counter anti-fungal powders or creams can help. If your foot does not get better within 2–4 weeks, talk to your doctor.

Don't Get Off On The Wrong Foot

Good foot care and regular foot checks are an important part of your health care. Your doctor should look at your feet often. If you have foot problems, don't be afraid to talk to your doctor.



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HOW TO ASSEMBLE AN EMERGENCY ROADSIDE KIT

FOR WINTER

In this age of cell phones, most people don't spend a lot of time worrying about being in emergency situations. Others may be lulled into a false sense of security that their new, expensive car couldn't possibly break down. But find yourself stranded in a cold or snowy situation, especially with children, and you'll be glad that you're prepared for the worst.

THINGS YOU WILL NEED

- ✓ Flares or reflective hazard triangles
- ✓ Bag of cat litter
- ✓ First-aid kit
- ✓ Pepper spray
- ✓ Versatile tools
- ✓ Blankets
- ✓ Ice scraper
- ✓ Tire chains
- ✓ Flashlight with batteries
- ✓ Foam tire sealant or DC powered air compressor
- ✓ Duffle bag
- ✓ Winter hats and gloves
- ✓ Clean rags
- ✓ Small shovel
- ✓ Jumper cables
- ✓ Tow strap
- ✓ Chemical hand warmers
- ✓ Fuses
- ✓ Duct tape
- ✓ Metal container, candles and heat source for melting snow

Steps To Take

- 1** Start with a few safety items, including a first aid kit, flares or reflective hazard triangles and a flashlight with extra batteries still in their original packing.
- 2** Prepare for a flat tire with a foam tire sealant or a DC-powered air compressor. Make sure in advance you know how to use these items.
- 3** Keep tools, jumper cables and assorted fuses on hand so you or a passing motorist can try to solve mechanical problems. Vise grips, screwdrivers, an adjustable wrench and pliers are good versatile tools. Duct tape and clean rags may also come in handy.
- 4** Identify tools or items in your emergency kit which can be used to defend yourself. You may choose to supplement your emergency kit with a defensive weapon such as pepper spray.
- 5** Prepare for winter conditions with an ice scraper, tire chains, tow strap and small shovel. Make sure you know how to install the tire chains. A small bag of cat litter can provide traction for getting out of a slippery spot.
- 6** Bring survival items, including blankets, chemical hand warmers, hats and gloves. Inexpensive, aluminum-coated Mylar blankets help retain body heat and fold to a compact size. Have a metal container, candles and matches or a lighter to melt snow for drinking water.
- 7** Stow everything in a duffle bag in the trunk.

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