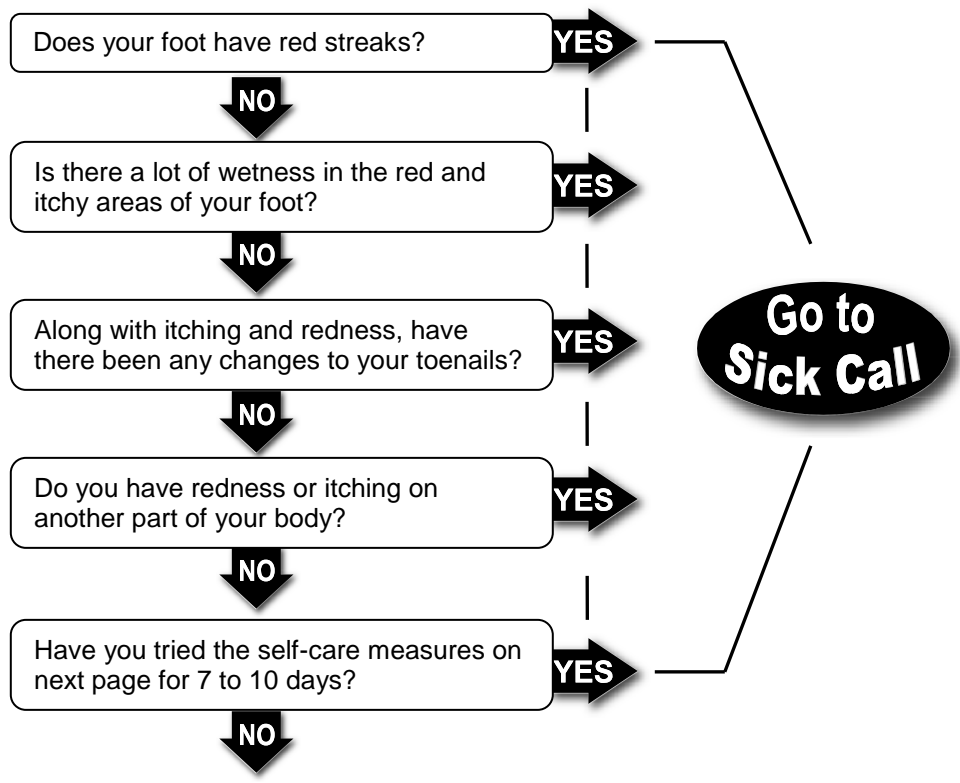


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

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 – Athlete’s Foot

Athlete’s foot is caused by a fungus that lives in damp, warm, and dark areas like shower rooms, rubber boots, and old running shoes. Athlete’s foot usually looks like little blisters between the toes. These can pop, causing itching and little sharp pains. The skin might also crack or look scaly. The fungus that causes athlete’s foot can cause an infection any place on your body that is often damp, like the groin area, armpits, and under women’s breasts. If you think you have athlete’s foot, use this symptom evaluation chart.



Use self-care measures:

- Wash your feet every morning and evening.
- Dry them well, especially between the toes.
- Change your socks and shoes at least one extra time during the day.
- Sprinkle foot powder in boots when they are not being worn.
- Use an over-the-counter anti-fungal cream as directed.
- To prevent fungal infections, wear shower shoes when using common shower areas.

Go to sick call if the symptoms have not cleared up in 7 to 10 days. Follow the chart if you get any of the symptoms listed.