

**TULSA PUBLIC SCHOOLS
HEALTH SERVICES**

CARE OF THE FEET

A. GENERAL FOOT HYGIENE

1. Bathe feet every night with warm water and soap. Rinse well and dry carefully, especially between the toes. Then powder with foot or body powder.
2. Wear clean socks every day. Alternate pairs of shoes each day, if possible, so that each pair has 24 hours to dry.
3. Canvas and rubber shoes tend to aggravate athletes foot.

B. ATHLETES FOOT

If there is a break in the skin or peeling occurs, and you are told you have athletes foot, you should see your doctor, or there are several good medications available in drug stores (e.g., Desenex Foot Powder), that do not need a prescription. Follow instructions as directed.

Usual procedure for treating athletes foot is:

A.M. Care

1. Wash feet with soap and water, and dry thoroughly.
2. Powder the feet, being sure all areas, especially between the toes, are dusted well.
3. Clean socks.

P.M. Care

1. Wash feet with soap and water.
2. Dry thoroughly.
3. Apply medication to all sore areas.
4. Powder inside of shoes, tipping from side to side to distribute powder

C. PLANTAR WARTS

Plantar warts are caused by a virus infection and thus can spread from person to person. This germ is no different than the common warts on fingers. Because of the greater thickness of skin on the sole of the feet, the warts are more painful and also more resistant to treatment. If over-the-counter measures are ineffective, you should consult your doctor regarding treatment.

If your child has athletes foot or plantar warts, a gym excuse will be given to him/her excluding the student from swimming or showers until feet are clear. The excuses may be given for one week to ten (10) days, depending on the severity of the case. When the excuse expires, the student should report to the nurse for a re-check. If the condition is healed, a permit will be given to resume physical education activities. If the condition is still present, a note will be sent to the parent suggesting further treatment.