



1. Keep your feet dry and clean.
2. Try and wear socks at all times.
3. Change your socks once or twice a day, as needed to keep your feet dry.
4. Wash your feet daily with antibacterial soap and water.
5. Dry your feet thoroughly after bathing.
6. Disinfect all shoes with 'Clarus Shoe Shield' (available in-office \$30) or equivalent disinfectant and let them sit overnight in a ziplock bag.
7. Disinfect all areas of your house where you commonly put your feet in bare contact, (Like next to your bed)
8. Never go barefoot in any public restrooms, locker rooms, etc. as this could re-infect your feet and/or others.