

## *Stepping Forward...*

### **Higher Risk Foot Care Program Reopening Plan:**

We miss all of our patients and hope that everyone is well and looking after your feet nicely at home.

We wish to reassure everyone that public health and safety is our highest priority and any concerns are being carefully met by implementing these ultimate protective measures in our HRFC clinic.

- Air Purification System (with HEPA filtration, UVC light and Ionization).
- Acrylic Barrier Shield between the patient and nurse.
- One-hour appts. to allow extra time for the patient and cleaning of room.
- Wait in your car until 5 min before appt. and the nurse will direct you into the clinic, to maintain strict social distancing protocol.
- Screening of all patients at the entrance door.
- Masks to be worn by all patients.
- If you feel unwell, in any way, please call us prior to your appt.

### **Toenail Tips:**

1. A simple nail file may become one of your best friends right now.
2. Gently round the tips, corners and any sharp areas with a file. Safely trim nails while relaxed, seated and with good lighting. You may soak feet in salt water x 10 min. to soften nails prior (if no skin breakdown).
3. For prevention apply a Band-Aid between toes or over toenails.
4. Please look at your feet closely every day, apply moisturizer and give those little toes some well-deserved love.
5. Please seek help by an alternative foot care provider in the interim until we are able to see you. CCFS 476-7493 or see Foot Care Resource List
6. Call the foot clinic or your PCP if you have any **Urgent** concerns with ingrown nails, circulation or open areas.

We thank you for your kind patience and support as we gradually reopen and work through this trying time together. All will be well!

Very best wishes and we hope *toe* see you ALL soon,

Lisa and Lynn  Your Foot Care Nurses