

# Keep Your Feet Safe at the Beach

As millions of people hit the beach for vacation and fun, the American College of Foot and Ankle Surgeons offers these foot safety tips.

## DON'T FORGET SUNSCREEN ON YOUR FEET

Feet get sunburned, too. The skin on your feet is highly susceptible to melanoma and other forms of skin cancer. Apply sunscreen on the tops and bottoms of your feet to protect your skin from the sun's harmful rays.



## SHIELD YOUR FEET FROM BURNS

Sand, sidewalks and paved surfaces get hot in the summer sun. Wear shoes to protect your soles from getting burned, especially if you are living with diabetes.

## LISTEN TO YOUR FEET

Walking, jogging and playing sports on soft, uneven surfaces like sand frequently lead to arch pain, heel pain, ankle sprains and other injuries. To protect your feet, wear appropriate athletic shoes to provide the heel cushioning and arch support that flip-flops and sandals lack.

## AVOID PUNCTURE WOUNDS & CUTS



Wear shoes to protect your feet from puncture wounds and cuts caused by sea shells, broken glass and other sharp objects. Don't go in the water if your skin gets cut—bacteria in oceans and lakes can cause infection.

For more health information and tips, visit [FootHealthFacts.org](http://FootHealthFacts.org)—the patient education website of the American College of Foot and Ankle Surgeons.



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