



Moorditj Djena

Strong Feet



Looking After Foot Injuries

If you have a wound such as a cut, sore, red area or open crack, immediately:

- Wash and dry the area
- Apply an antiseptic e.g. Betadine
- Cover with a sterile dressing

Warning signs

Do you have the following?

- Pain or throbbing
- Warmth
- Redness or swelling
- Discharge
- Smell
- Feeling unwell or flu-like symptoms

If you are concerned about your feet, contact Moorditj Djena or your doctor for advice immediately.



Individual advice:



Contact numbers:

Moorditj Djena: 9278 9922

Doctor: _____