

# Skin

Infected blisters; redness or swelling around a wound; athlete's foot

## How can I ease my symptoms?

- Do not touch or scratch the affected area
- Wear loose clothing
- Athletes foot will get better on it's own, but you can purchase products that relieve the itching. A pharmacist can help you choose the right product

## How long could my infection last?

- **Athletes foot:** 2 weeks
- wash your hands with soap and water if you have touched the affected area
- allow air to get to your feet, consider sandals or flip flops
- do not share towels