



We are aware that during the current COVID-19 pandemic you may be shielding following government advice and are reluctant to contact your podiatry service for treatment or advice.

Your podiatry service, although currently running what may be a reduced service, is working and here to support you as/when required.

As always, it is important you continue to check your feet daily.

What to look out for

- Any new breaks in the skin
- Any minor cuts, blisters or new areas of ulceration
- Any areas of redness

Advice

- Do not burst blisters
- Cover the area with a sterile dressing
- Contact your local podiatry service for further advice

If you currently have an ulcer you must be checking for any changes that could signify a worsening situation

- Any increase in pain
- Any increase in exudates (fluid coming from the ulcer)
- Any increase in odour
- Any increase in heat to the affected area
- Any worsening redness or swelling
- Any fever 'flue like symptoms'

Advice

- If you notice any of the above then seek podiatry or medical attention urgently
- If you require advice out with normal working hours (Evenings, Saturdays or Sunday), please contact NHS24 on 111.