



Top 8 Facts about SOCKS, FEET, and HOMELESSNESS



- 1. IN COLD ENOUGH CONDITIONS, FROSTBITE CAN OCCUR IN 30 MINUTES OR LESS! WARM, WELL-FITTING SOCKS CAN PREVENT THIS FOR MANY PEOPLE.**
- 2. MOISTURE-WICKING SOCKS ARE ESPECIALLY IMPORTANT FOR THOSE FACING HUMIDITY. BY PULLING SWEAT AWAY FROM THE SKIN, CONDITIONS SUCH AS INFECTIONS AND BLISTERS CAN BE PREVENTED.**
- 3. MANY BACTERIA AND FUNGI THRIVE IN WARM, MOIST ENVIRONMENTS. ACCESS TO CLEAN, DRY SOCKS CAN GO A LONG WAY IN AVOIDING FOOT INFECTIONS.**
- 4. THOSE WITH DIABETES ESPECIALLY NEED WELL-FITTING SOCKS, PREFERABLY DIABETIC SOCKS WITHOUT SEAMS THAT CAN RUB AND CAUSE BLISTERS.**
- 5. ONE MILLION AMERICANS HAD TYPE 2 DIABETES IN 2012. (AMERICAN DIABETES ASSOC.) PART OF PROPER DIABETIC FOOT CARE IS ACCESS TO APPROPRIATE SOCK WEAR. YOU CAN MAKE A DIFFERENCE!**
- 6. POOR CIRCULATION PUTS FEET AT RISK EVERY DAY. PROPER SOCKS CAN PROVIDE A SIMPLE, BUT IMPORTANT LAYER OF PROTECTION BETWEEN THESE FEET AND LIMB THREATENING CONDITIONS.**
- 7. CLEAN, WELL-FITTING SOCKS ARE A VITAL PART OF KEEPING FEET HEALTHY! THE IMPACT IS IMMEDIATE AND ONGOING!**
- 8. CLEAN AND WELL-FITTING SOCKS CAN BE JUST AS IMPORTANT AS MEDICATION OR INSULIN FOR THOSE THAT DEAL WITH DIABETES.**

The cold is coming. Take compassionate action and donate socks to SAMM, your local food pantry TODAY or host a drive at your congregation.