



### Fungus the terrible

It was a dark damp place but it was nice and warm. Fungus knew he would be happy here even though the smell was a bit musty, he also knew that he would make this place his own. He was inside a shoe. His last home had been inside a pair of socks that had never been washed and dried properly.

The problem was that this new place had a few holes in them arranged in pairs across the top. These let light in and some clean air also managed to get into his lair. He was inside a shoe. "Never mind" thought Fungus, "I'll just creep up to the very end where it is darker and damper. Nobody will know I'm here.....yet!"

In the morning, Fungus felt very squashed and cramped in his new home. Something strange had got into his space. It was long and hairy and had a woolly coat. On the very end of this thing, closest to Fungus were 5 bony straight things (toes) that squished and squashed in the space and the warmer they got, the wetter they got. "Mmmmm" thought Fungus, "just what I like". Fungus climbed on the woolly coat and moved inside it. "Oh wow," said Fungus, "this is even better, loads of food for me to eat and I can even spread out over the area. ....So he did.

At the end of the day, Fungus had grown and grown. He had become a bit itchy and scratchy now and he was clearly irritating his new partner. A little bit of Fungus got under the fingernails when he was scratched and then spread further every time the fingernail was used to scratch somewhere else. He spread to the hair, the ear and nose of this person.

"Whoopeeeeeeeeeeeee" said Fungus as he spread and spread. His favourite place now was in the hard things (toenails) at the end of the bony things (toes).

One day he had a very nasty shock. The new body had started using special creams and shampoos. It made him cough and splutter. "Oh not again" said Fungus, "this has happened before. I'd better get out of here and he moved into a new home in the shoes next to his last home.

Professor Pod says you must always be careful with your shoes and socks. Always change your socks every day and make sure they are washed and dried properly before putting them on. It is always important to wear dry shoes each day. This way Fungus will not get to spread onto your skin, hair and nails. If you have itchy feet, ask for help from a Podiatrist. They will know what to do and help you stop to Fungus spreading.

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*\*All information from The Society of Chiropractors and Podiatrists Website*