

How to Identify & Care for Trench Foot

Trench foot happens when your feet are cold and wet for too long.

It can weaken your ability to fight diseases and can make you vulnerable to infections.

Look out for:

- Loss of feeling or tingling in your feet that doesn't go away.
- Swelling that makes it difficult to walk.
- Sores and blisters that can become infected.
- Wrinkly feet that turn white and don't get their color back.



If you think you have trench foot:

- Warm and dry your feet.
- Wear dry socks.
- Rest your feet but try to move them to get blood flow.



Trench foot can lead to long-lasting damage that may include amputation.



Seek medical attention if you can't regain feeling in your feet or your skin is cold, blotchy, and swollen.

Get assistance →

Beacon Center Young Adult Shelter

415 S. 13th St., Tacoma
(253) 778-0317
valeovocation.org

Case managers on site: Monday–Friday

Day center shower services: 8 a.m.–4 p.m.

Night program shower services: 8 a.m.–9 p.m.

- Shelter for young adults 18–24 years old
- Laundry services available.

Common Good Supply Closet and Shower

621 Tacoma Ave. S., Tacoma

Showers: Tuesdays and Fridays, 12–2 p.m.

- The entrance is behind the church in the alley. Go to the smaller of the 2 garage doors. During extreme weather the door will be closed—just knock.

Downtown Tacoma YMCA

1144 Market St., Tacoma
(253) 597-6444

Showers: 8 a.m.–4 p.m.

- ID required

Fircrest United Methodist Church

1018 Columbia Ave., Fircrest
(253) 564-7862

- Provides free clothing for all ages to low-income people.
- Socks.

Hilltop New Jerusalem Clothing Bank

1101 S. J St., Tacoma
(253) 572-6785

- Only serves 98405 zip code area. Must bring proof of address and ID.
- Spanish speakers provided.
- Socks and shoes.

House of Matthew

1127 Broadway, Suite #10, Tacoma
(253) 301-0508

- Clothing bank is open to the public by appointment only.
- Socks.
- Housing resources.

Just Threads

901 Tacoma Ave. S., Tacoma

- Provides clothes—including job interview and work attire—and accessories for everyday life to people in need at no cost.

Nativity House

702 S. 14th St., Tacoma
(253) 502-1915

Foot clinic: *Wednesdays*

- Shelter.
- Shower.
- First come, first served.

Salvation Army—Tacoma

1521 6th Ave., Tacoma
(253) 627-3980

- Socks and shoes.
- Provides food and clothes and help with prescriptions, transportation, utilities, and rent to people in need, by appointment.

Salvation Army—Tacoma Family Service Office

1501 6th Ave., Tacoma
(253) 572-8452

- Provides food and clothes and help with prescriptions, transportation, utilities, and rent to people in need, by appointment.
- Socks and shoes.

Tacoma Pierce County Coalition to End Homelessness

(253) 444-4563

- Socks.
- Shelter.
- Showers.

Tacoma Public Library

1102 Tacoma Ave. S., Tacoma
(253) 280-2800

- Socks.
- Foot warmers.
- Emergency warming/cooling shelter.

Tacoma Rescue Mission

425 S. Tacoma Way, Tacoma
(253) 383-4493

- Socks.
- Shelter.

Trinity Presbyterian Church

1615 6th Ave., Tacoma
tpctacoma.org/pats-closet

- Socks.
- Hygiene items.

Senior footcare



Bring a towel!

Clinic cost is \$50 and home visits are \$125. Private pay only.



Always call ahead for an appointment!

Bonney Lake Senior Center

19304 Bonney Lake Blvd., Bonney Lake
(253) 863-7658

*Fourth Friday of every month.
9 a.m.—3 p.m.*

Mid-County Senior Center

10205 44th Ave. E., Tacoma
(253) 531-8412

*First Thursday of every month.
9 a.m.—2 p.m.*

Orting Senior Center

120 N. Washington, Orting
(360) 893-5827

*First Friday of every month.
9 a.m.—2 p.m.*

Point Defiance/Ruston Senior Center

4716 N. Baltimore St., Tacoma
(253) 848-9625

*First Monday of odd months—January, March, May, July, September, and November.
9 a.m.—3 p.m.*

Salvation Army Puyallup/South Hill Senior Center

4009 9th St. SW, Puyallup
(253) 848-9625

Third Thursday of every month.

Sumner Senior Center

15506 62nd St. Ct. E., Sumner
(253) 848-9625

Second Friday of every month.

Tacoma Mall Office Building

4301 S. Pine St., Ste. 27, Tacoma
(253) 848-9625

*Mondays and Tuesdays
9 a.m.—3:30 p.m.*