

THE FOOT CARE GUIDE

THE 9-STEP DAILY FOOT CARE GUIDE FOR PEOPLE WITH DIABETES



1

WASH YOUR FEET EVERY DAY WITH LUKE WARM WATER AND SOAP.



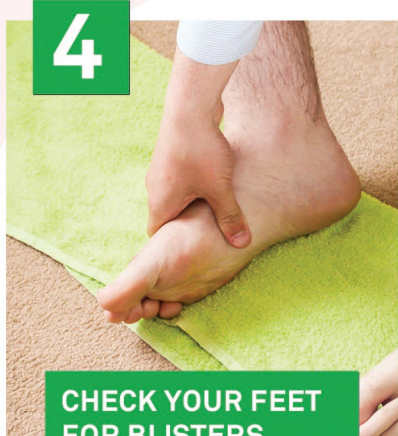
2

DRY YOUR FEET WELL, ESPECIALLY BETWEEN THE TOES.



3

MOISTURISE YOUR FEET, BUT NOT BETWEEN THE TOES.



4

CHECK YOUR FEET FOR BLISTERS, CUTS OR SORES.



5

KEEP YOUR TOENAILS AT A REASONABLE LENGTH.



6

WEAR CLEAN SOCKS THAT AREN'T TOO BIG OR SMALL.



7

KEEP YOUR FEET WARM AND DRY WITH SHOES THAT FIT COMFORTABLY.



8

NEVER WALK BAREFOOT INDOORS OR OUTDOORS.



9

EXAMINE YOUR SHOES FOR THINGS THAT MIGHT HURT YOUR FEET.