

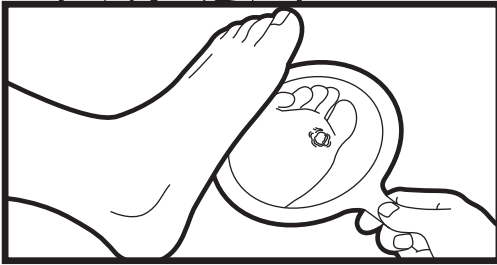


Put a check every time you do one of these things.



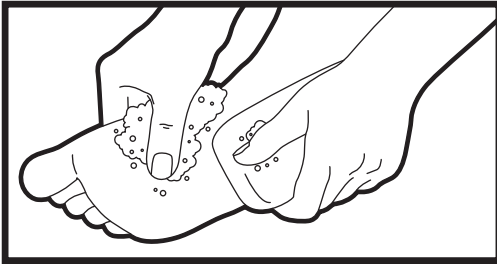
HEALTHY FEET
WITH DIABETES

Every Day Foot Care



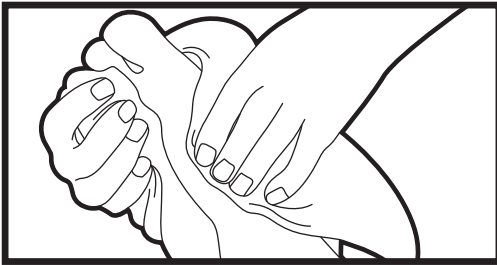
Check your feet and toenails every day. Look for sores and cuts.

S M T W T F S



Wash your feet every day. Use soap and warm water.

S M T W T F S



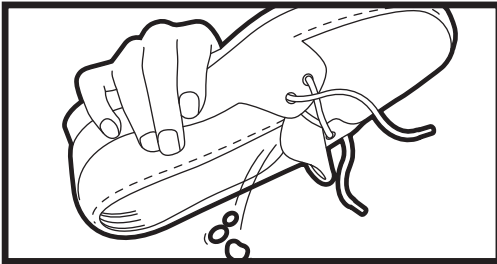
Dry your feet well. Be sure to dry between toes.

S M T W T F S



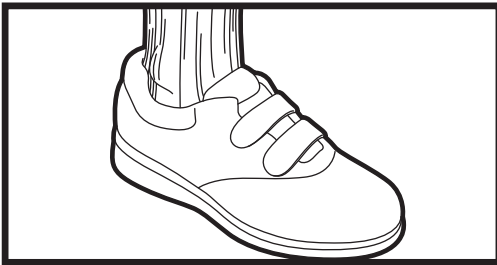
Put lotion on feet, but not between toes.

S M T W T F S



Check your shoes for rocks, cracks, or sharp things.

S M T W T F S



Wear shoes and socks that are not too small or too large.

S M T W T F S