

# 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.**