Happy Feet

By Jenny M. Grimm and Anne Whittington
Care for your feet day by day...
Look at your feet.
Wash with soap and water.
Use lotion.
Do not put it between your toes.
File nails straight across.
Throw away razor blades, knives and corn removers.
Wear socks to keep your feet warm...
...Not hot water bottles or heating pads. Throw them away.
Clean out your shoes before you put them on.
Wear shoes!
Wear shoes that fit.
Take your shoes and socks off at each doctor's visit.
See your doctor for any foot problems.
Do not smoke!
1. If you have diabetes, you need to wear shoes always.

☐ Yes

☐ No

2. You need to look at your feet each day.

☐ Yes

☐ No