



Taking Care of Your Feet

1. Take care of your diabetes.

Work with your health care team to keep your blood sugar within a good range.

2. Check your feet everyday.

3. Wash your feet everyday, but do not soak them. Dry feet (and even in between toes) completely.

4. Keep the skin soft and smooth. Use lotions in small amounts and massage well (do not apply in between toes).





5. Trim toenails, trim them each week or when needed.
6. Wear shoes and socks at all times.
7. Protect your feet from hot and cold.
8. Be more active.
9. Get started now!

