

Foot care for people with **DIABETES**



People with diabetes have to take **special care** of their feet. Here are some things you can do to keep your feet healthy:



Wash and dry your feet well every day

Keep the skin soft with lotion



Wear shoes that fit well and never walk barefoot



Don't forget!

Inspect your feet **every day**

Have your feet examined at least **1x/year**

Learn more about foot care at [Cornerstones4Care.com](https://www.cornerstones4care.com)