

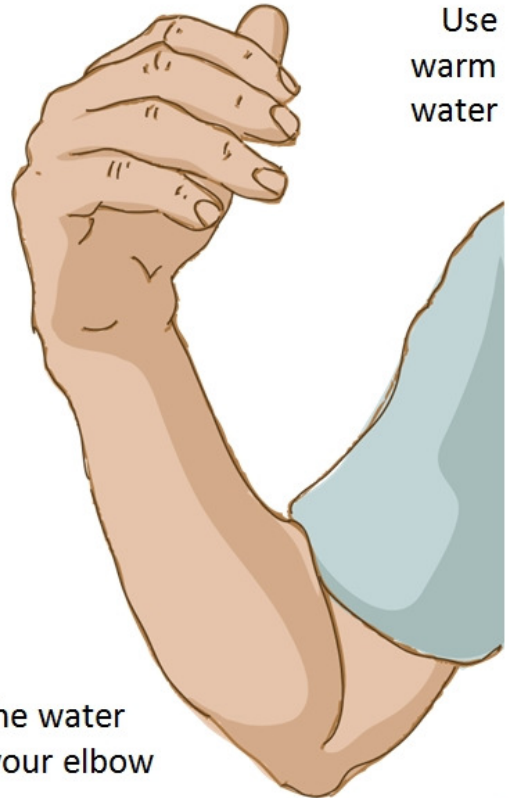
◆ Keep clean & dry



Wash your feet every day

◆ Keep clean & dry

Use warm water



Test the water with your elbow

◆ Keep clean & dry



Use soap

◆ Keep clean & dry



Keep between your toes healthy

◆ Keep clean & dry



Put methylated spirits
between the toes

◆ Keep clean & dry



Check your towel for blood & puss

◆ Keep clean & dry



Use skin cream 2
times a day

◆ Keep clean & dry



Don't put cream
between your toes

◆ Keep clean & dry



New pair of socks every day

◆ Keep clean & dry



If feet get wet or sweaty wash them

◆ Keep clean & dry



Dry them

◆ Keep clean & dry



Put on a new pair of socks

◆ Keep clean & dry



Dry between
your toes

◆ Keep clean & dry



Live fungal infection

◆ Keep clean & dry



Dead fungal infection

◆ Keep clean & dry



Damp helps fungal infections

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

















Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

Notes:

The resource can be printed A3 or A4 size and then laminated.

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Levels



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