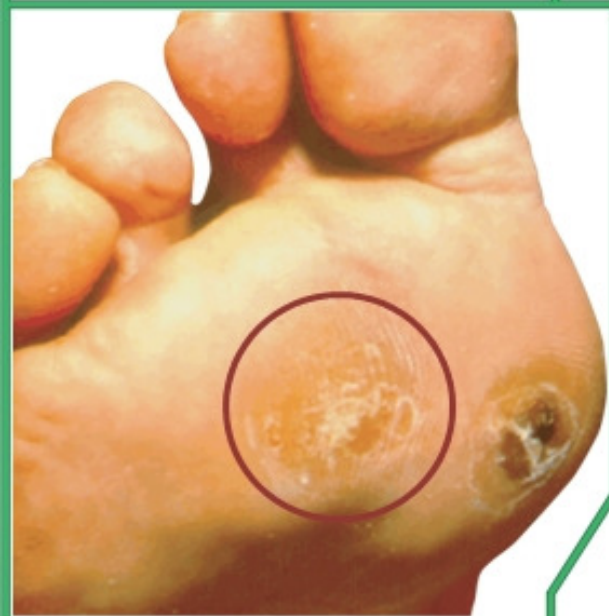


Look for: 14 burns



15 red areas & rashes



16 callus



17 cracked skin

Diabetes Foot Care

## Sores & infections

Looking after your feet

Infections



1 Cuts and sores can be a big problem for people with diabetes

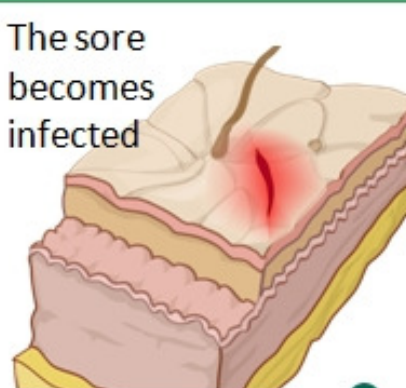
2 Your skin gets cut



3 Germs get into the cut



4 The sore becomes infected



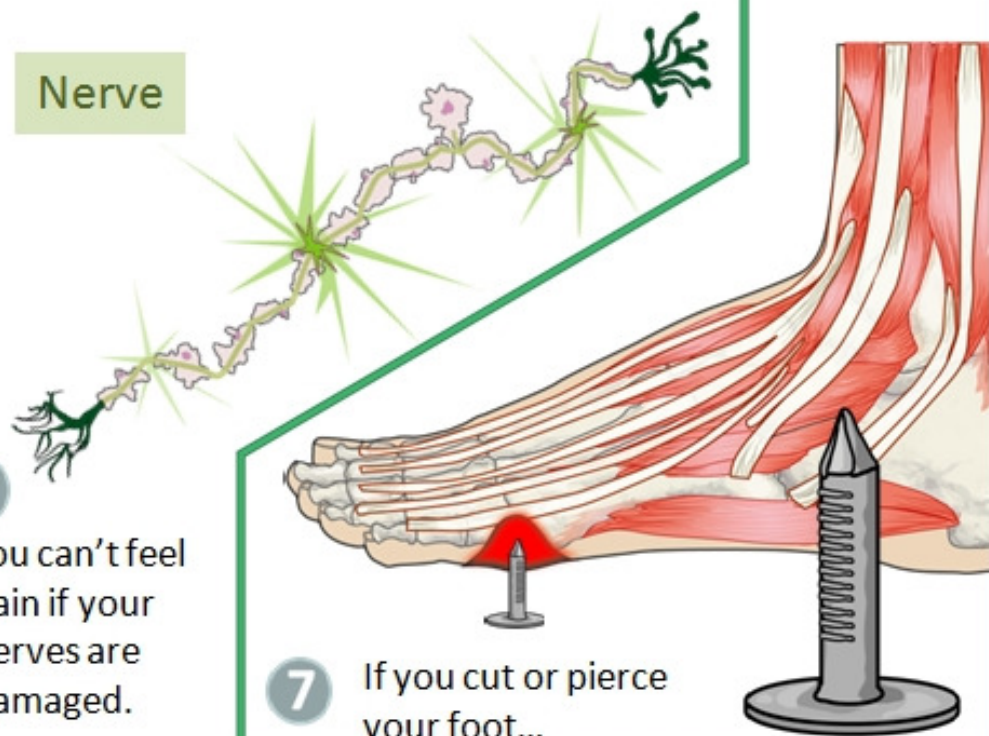
5 It becomes bigger and takes a long time to become better



## Nerve

6

You can't feel pain if your nerves are damaged.



7

If you cut or pierce your foot...

8

Make sure it doesn't become infected becomes infected.



9

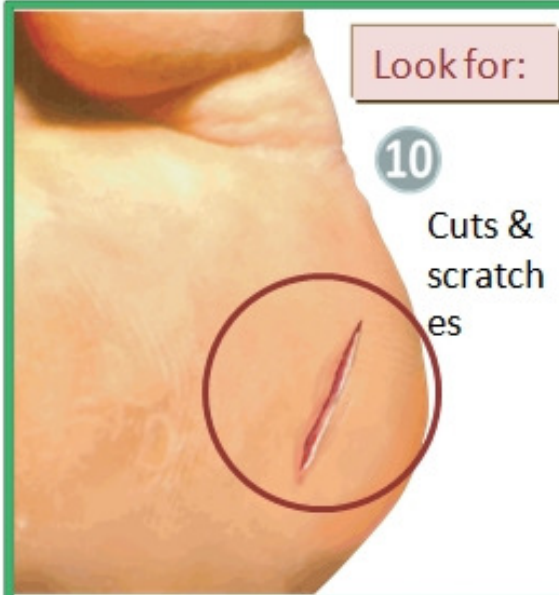
Check your feet every day for sores and damage



Look for:

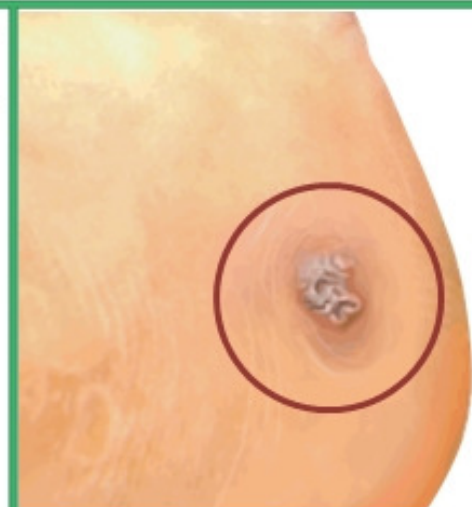
10

Cuts & scratches



11

Corns



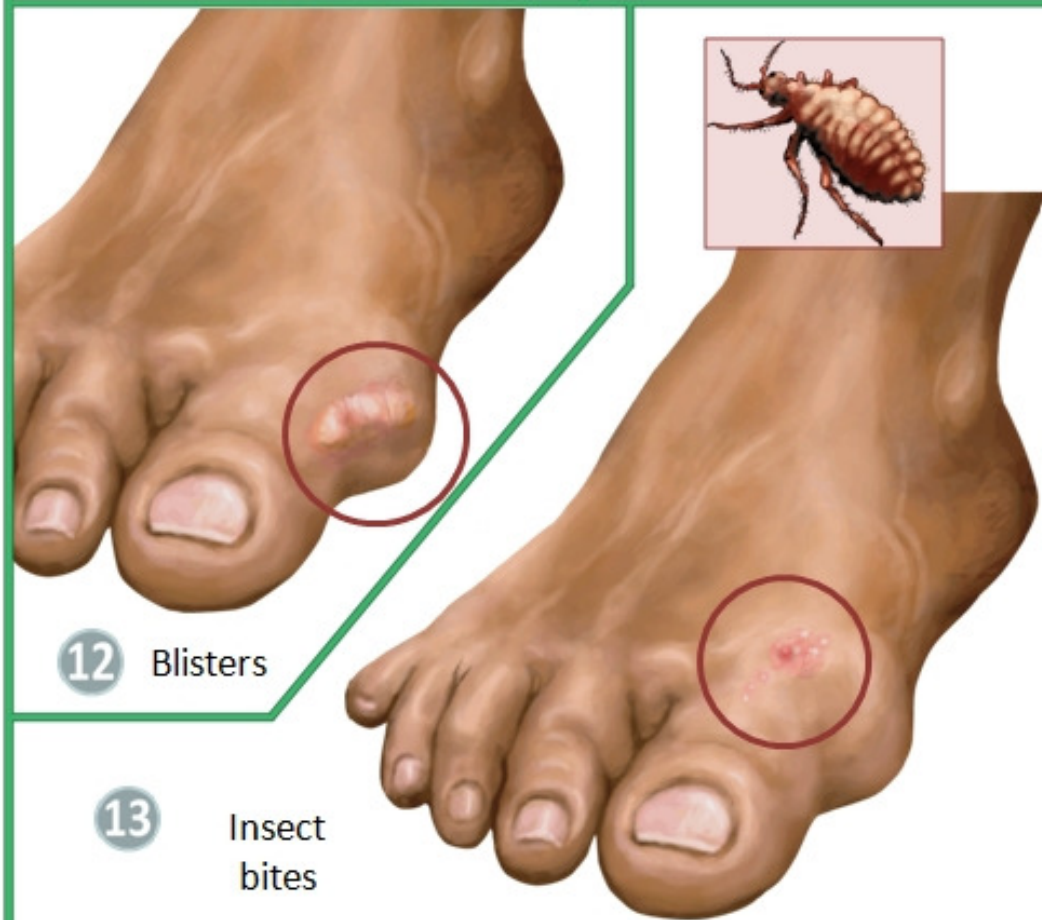
12

Blisters



13

Insect bites



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