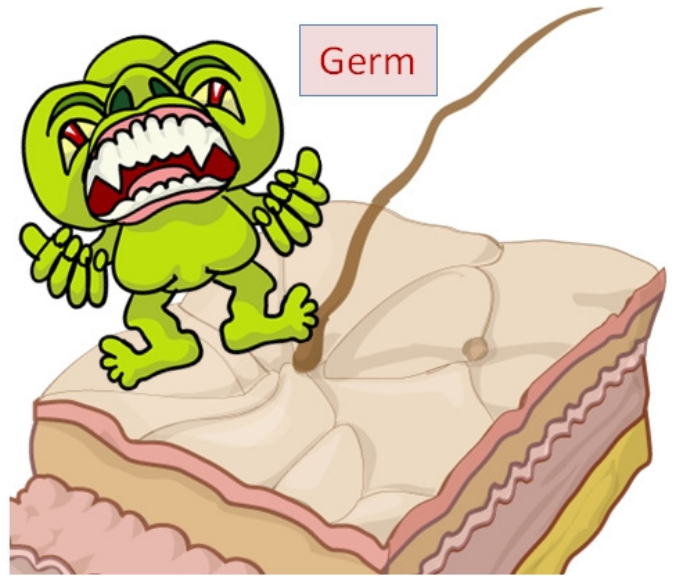


Sores & infections

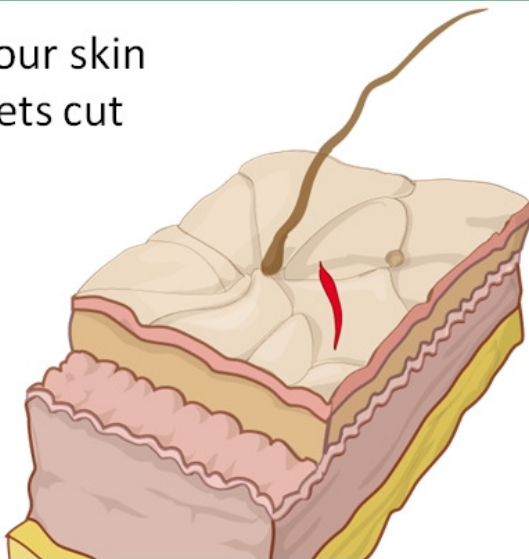
Looking after your feet

Infections

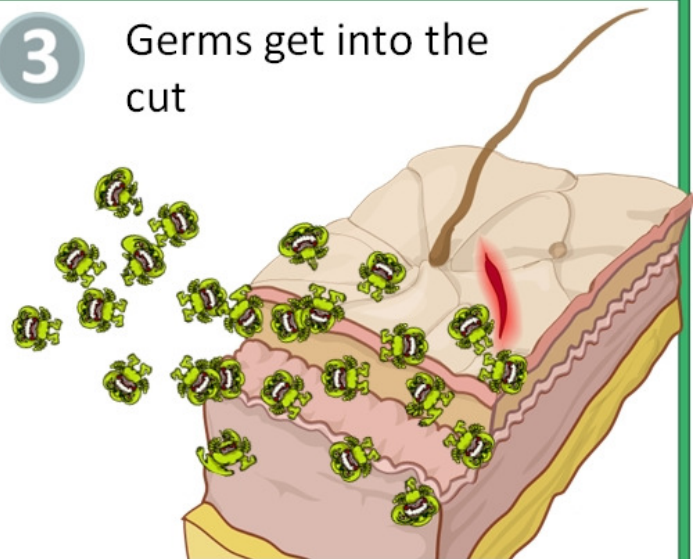


1 Cuts and sores can be a big problem for people with diabetes

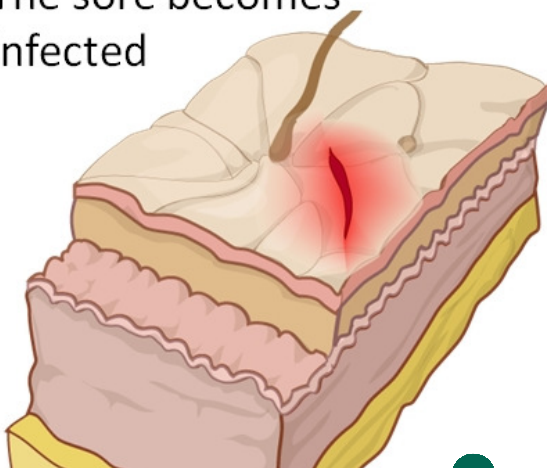
2 Your skin gets cut



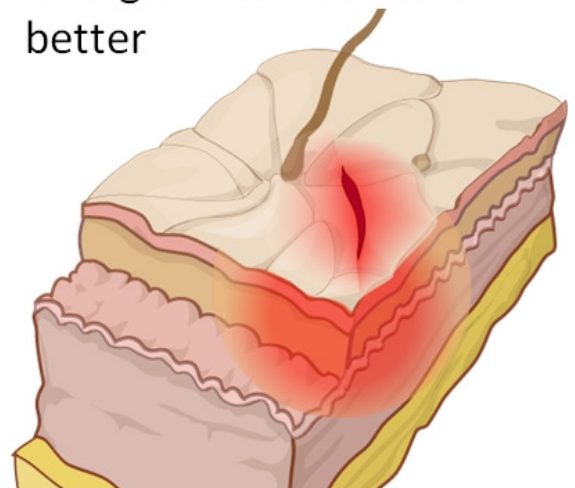
3 Germs get into the cut



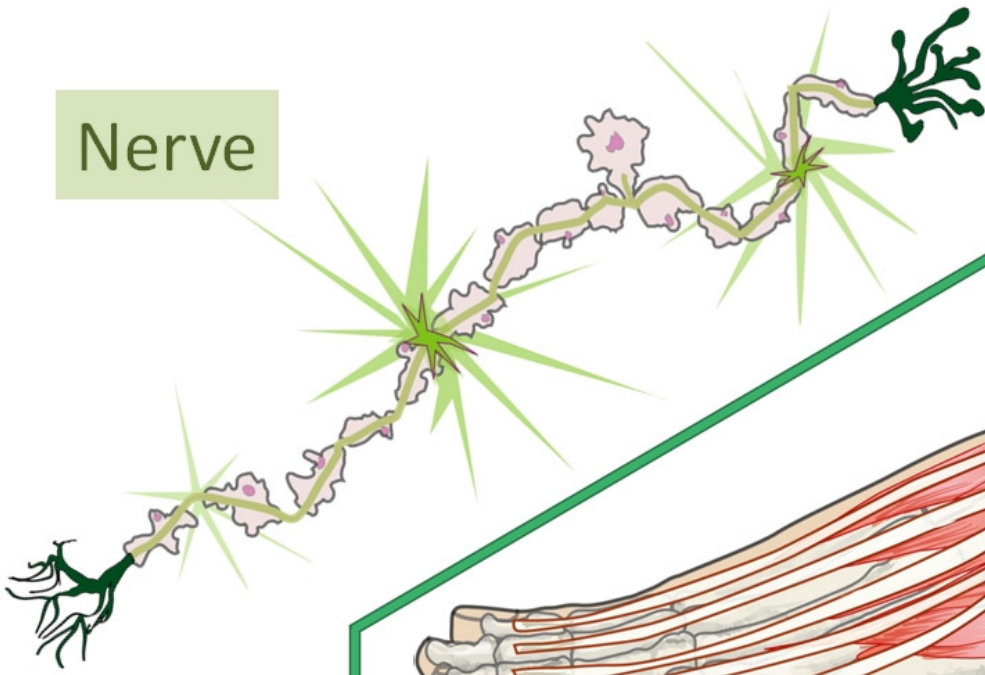
4 The sore becomes infected



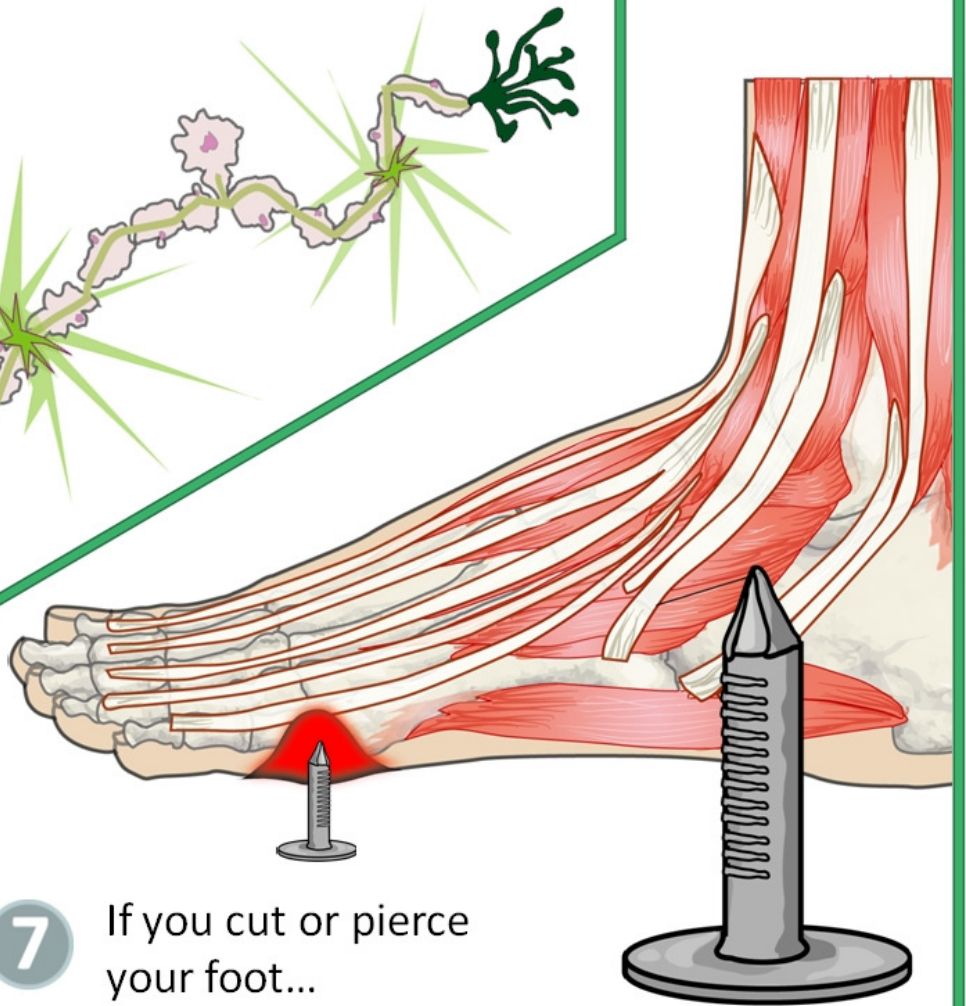
5 It becomes bigger and takes a long time to become better



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.

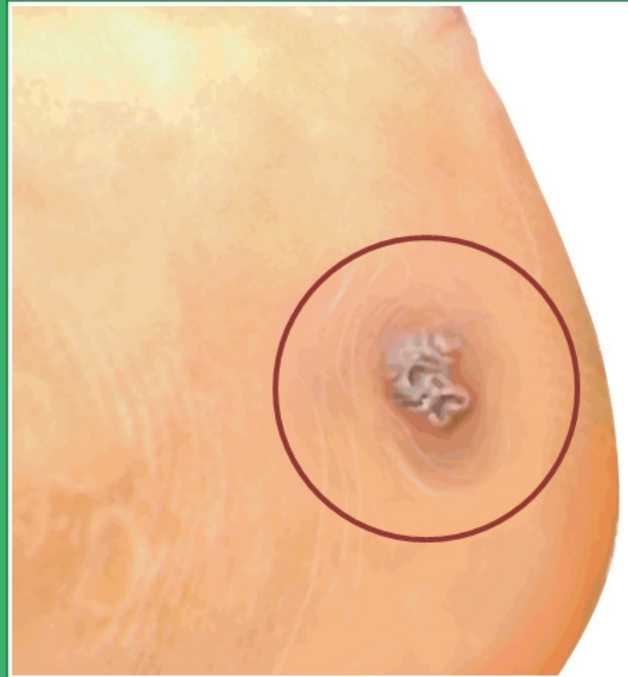
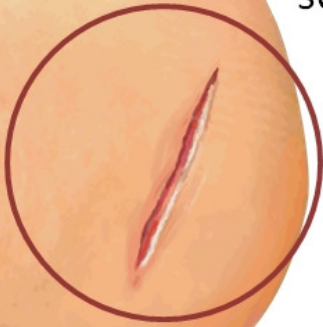


9 Check your feet every day for sores and damage

Look for:

10

Cuts & scratches



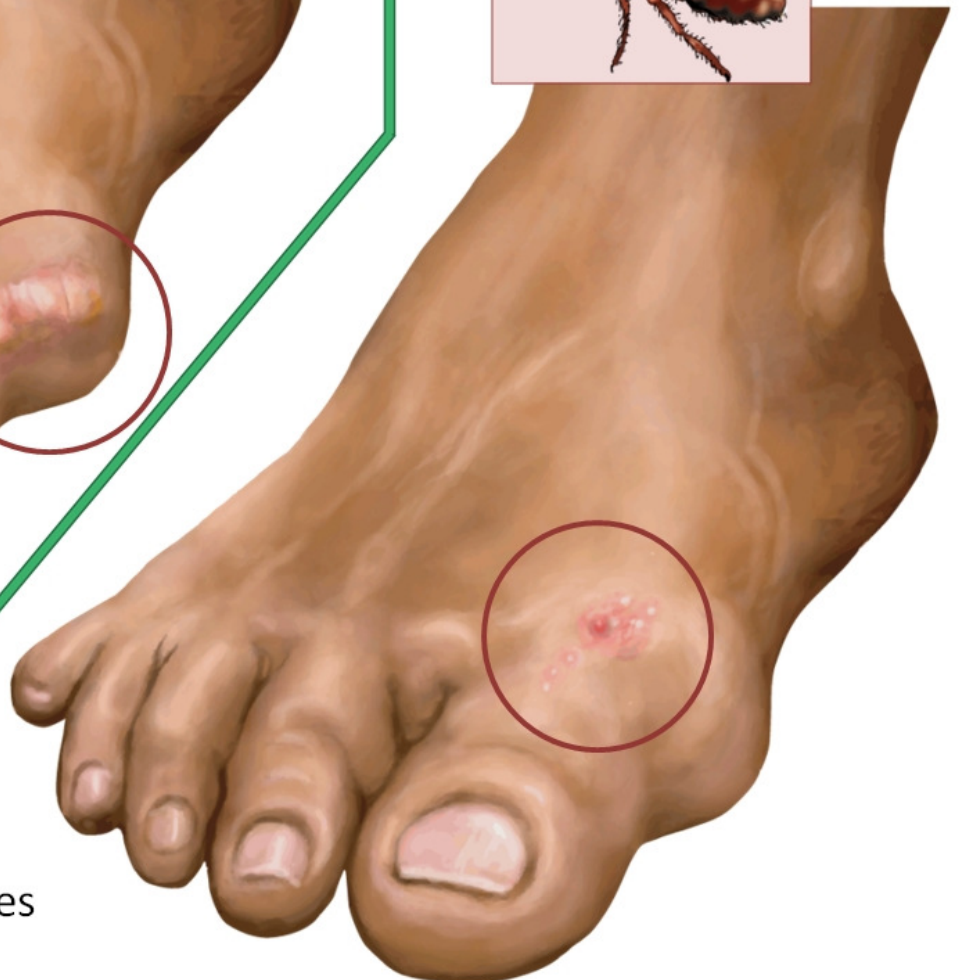
11

Corns



12

Blisters

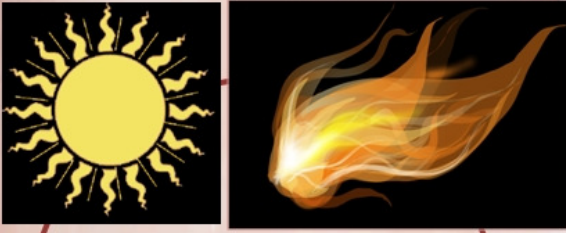


13

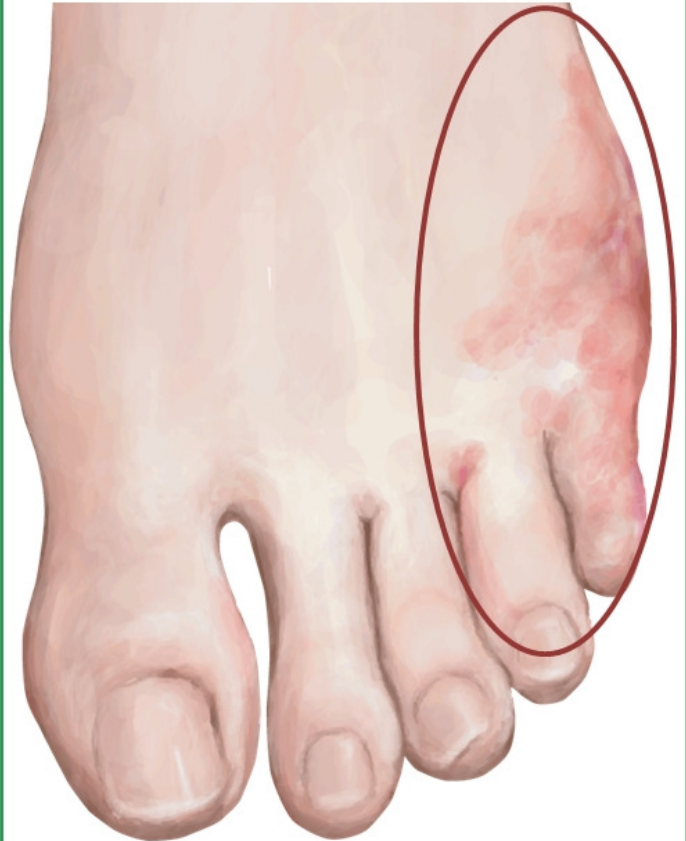
Insect bites

Look for:

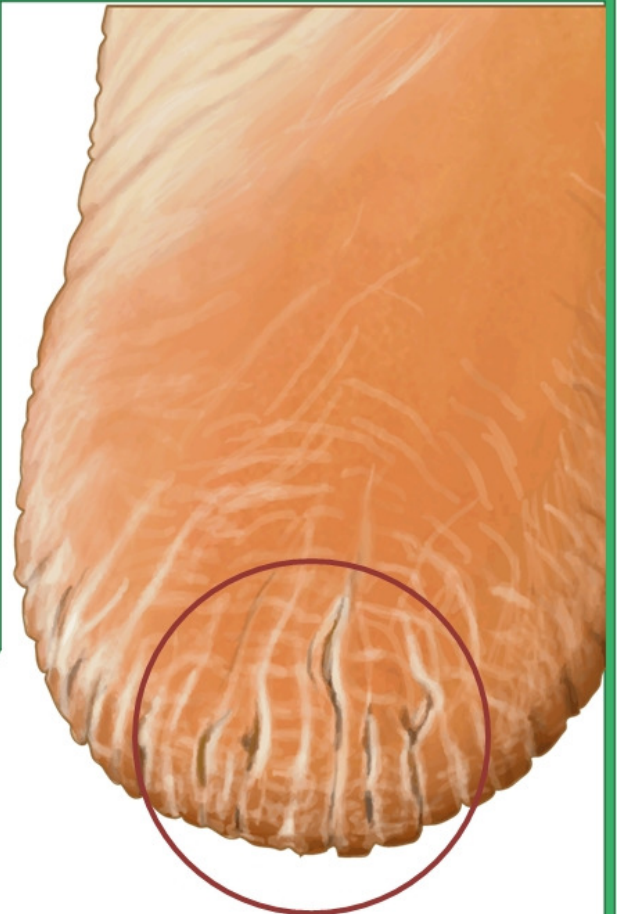
14 burns



15 red areas & rashes



16 callus



17 cracked skin

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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