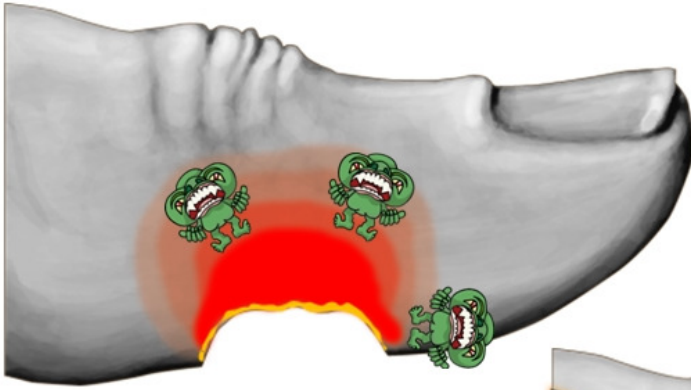
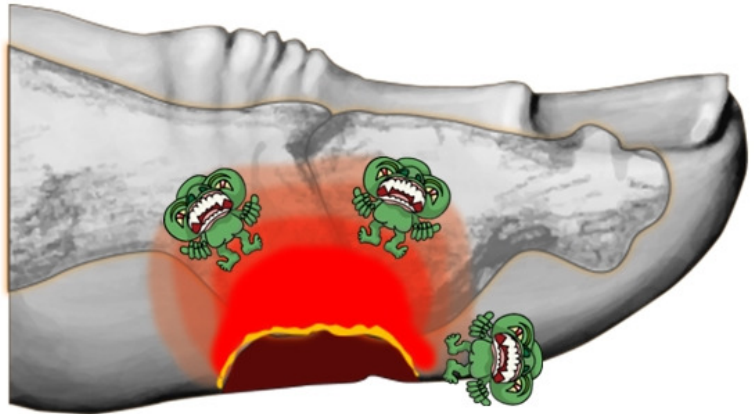


Bad infections

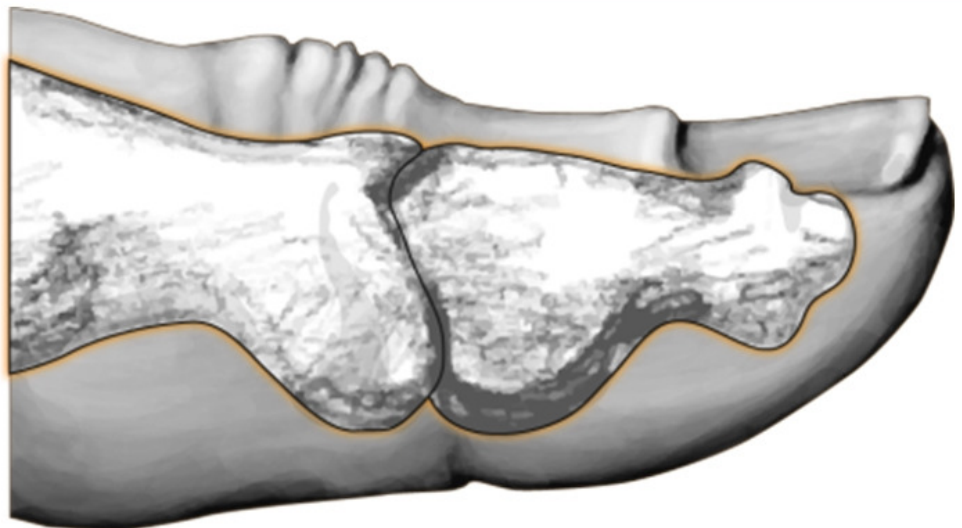
Looking after your feet



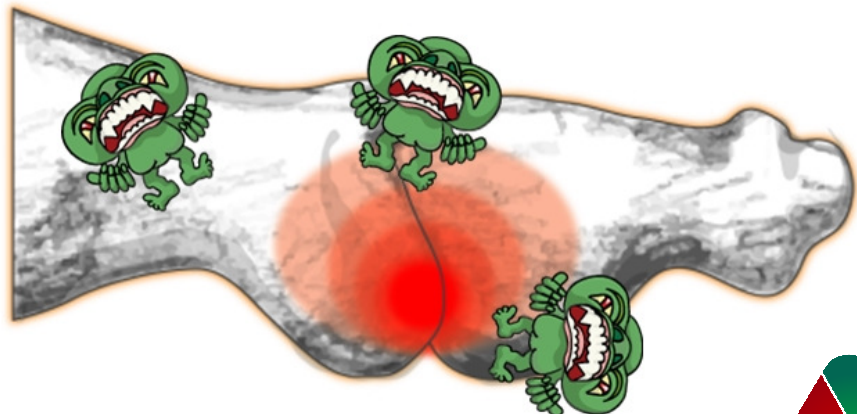
1 Germs can get right into your foot



2 Germs can get into the bones

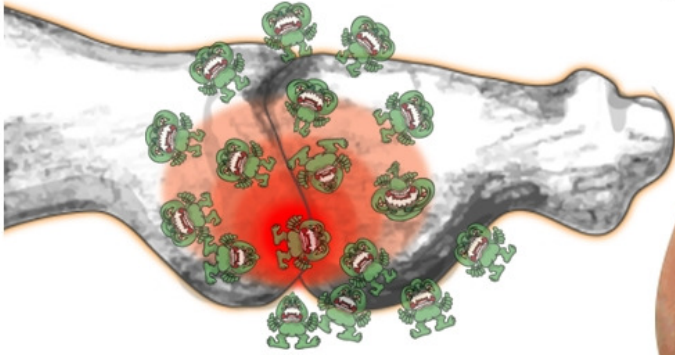


3 The bones become infected



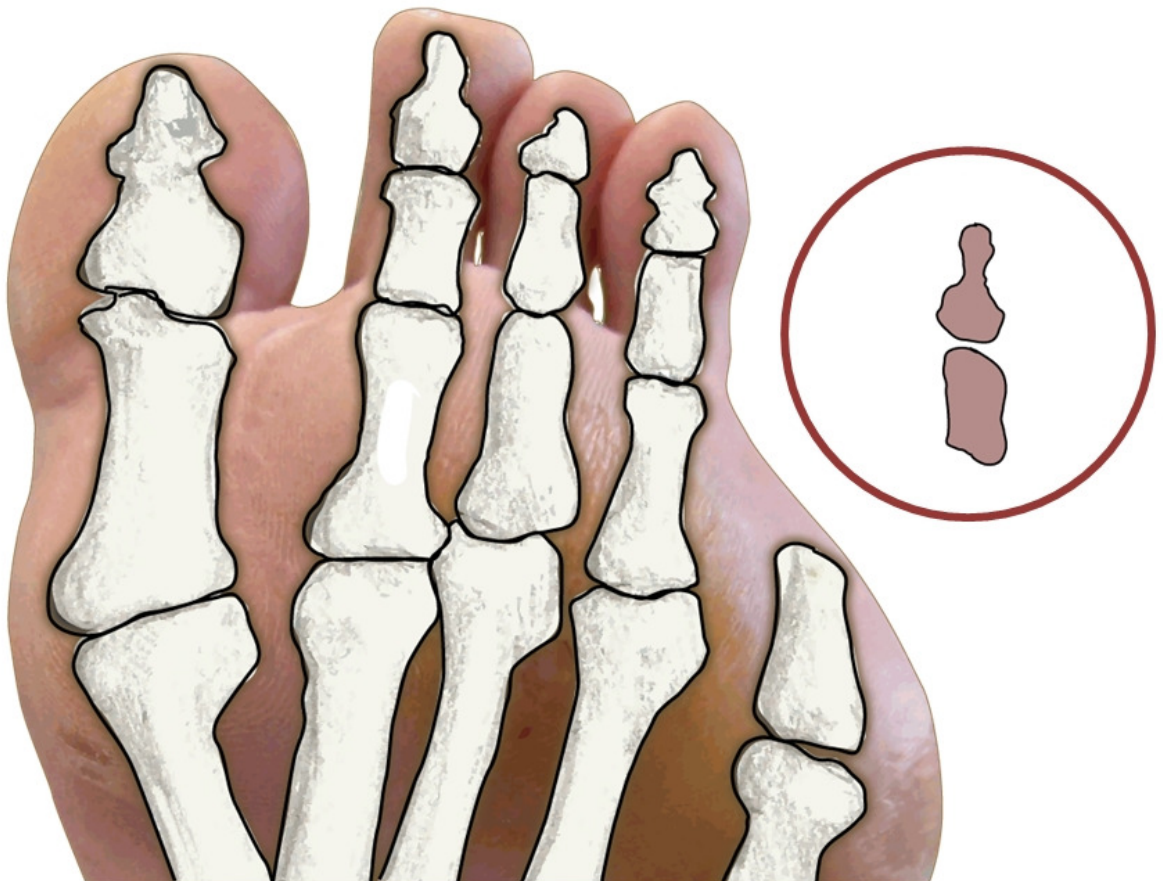
4

The infected bones have had to be cut off



Look! - There is a toe missing

5



This doesn't need to happen to you

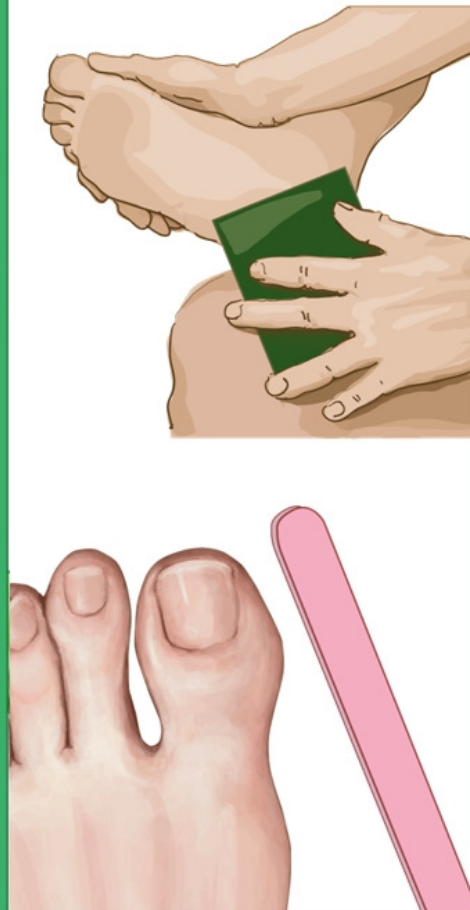
6 You must look at your feet



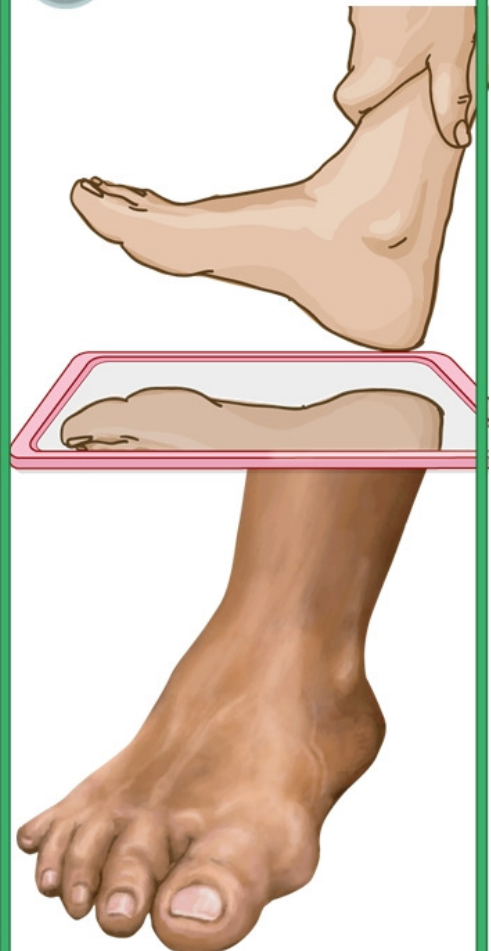
7 Keep your feet clean & dry

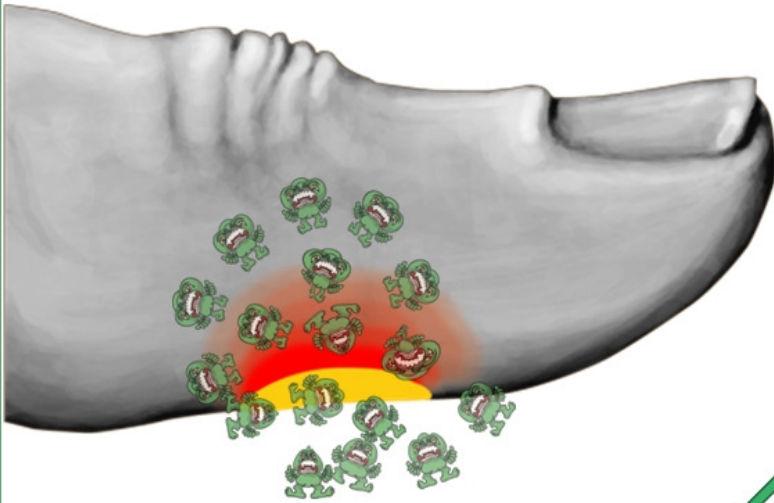


8 Smooth toenails & skin



9 Look & check





10 Never let a sore get very bad



11 If a sore doesn't heal after 2 days get someone to look at it.

12 Keep you blood sugar under control



13 Stop smoking



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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