

Before you put on your shoes & socks:

11 Check for things which can damage your feet

12 Look for grass seeds in your socks  
Pick out the seeds



13

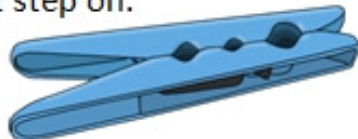
Have inside & outside shoes. One of each.



Grass seed

Look for the pegs on the floor you might step on.

14

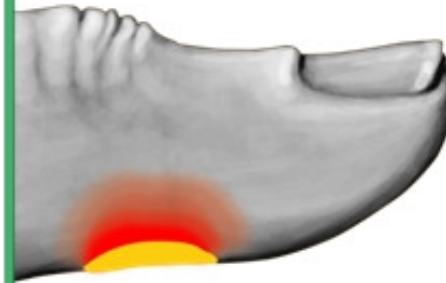


If you have diabetes...

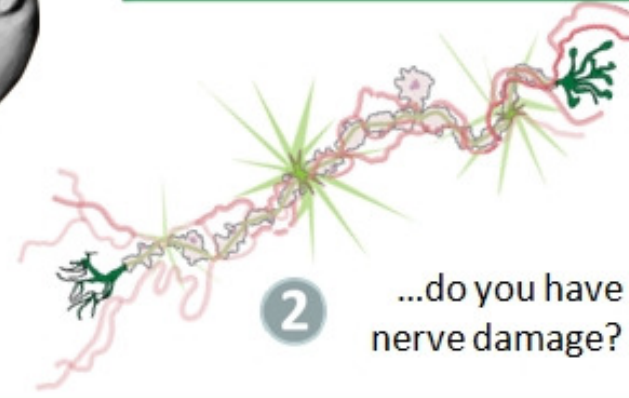
Diabetes Foot Care

# Protect your feet

Looking after your feet



1 ...do sores take a long time to get better?



2 ...do you have nerve damage?

If you do, you must wear shoes **all the time**.

3

Men



4

or women





Sand  
(Even fine sand)



Shells



Barbed wire



Small stone

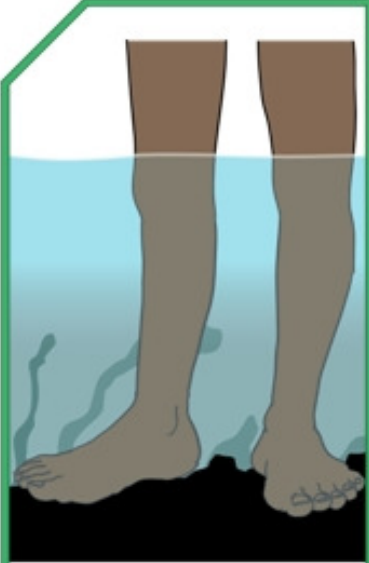


Rocks



Thorns

Look out for things which can damage your feet



5  
6 No walking on the reef or in rivers

7



If your feet are damaged... ...don't let them get worse.



8 Don't let your feet get too hot...



9 ...or too cold



10

Don't wear **plastic** shoes.

Plastic shoes:

- Don't breath
- Make you feet sweat
- Rub your 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  | ◆ | 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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