

DIABETES: Foot Care

SONKOROWGA AMA MACAANKA: Xanaanada Cagta



Shoes KABAHA

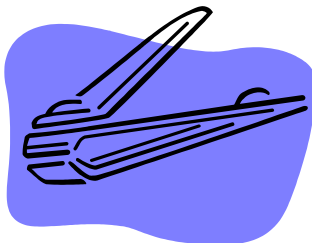
- Always wear shoes and socks
- **MAR KASTA XIRO KOBABA IYO ISKALSADA AMA SHARABAADKA**
- Change socks every day
- **MAALIN KASTABA ISKA BEDEL ISKAALSOOYINKA**
- Choose Shoes that fit: one thumb space from toe to end of shoe
- **WAXAAD DOORATAA KABO CAGTAADA RAAXO GALINAYA OO FIRAAQO AH AMA AAN CIRIIRI GALINAYNIN FARAHAAGA.**
- Check inside of shoes for lumps or stones
- **FIIRI GUDAHA KABAHAAGA WAX BUURBUUR AH AMA DHAGAX AH INTA AADAN GASHANIN**

Skin MAQAARKA AMA JIRKA SARE

- Wash feet every day
- **DHAQ CAGAHA MAALIN KASTA**
- Use lukewarm water
- **ISTICMAAL BIYO DIIRAN AMA QANDAC AH**
- Dry with towel, get between toes
- **KU QALAJI SHUKUMAAN FARAHA DHEXDOODA**
- Treat dry skin with lotion, but not between toes
- **MARSO KAREEM MEELAHA CAGAHU AADKA UGA QALALAN YIHIIN, LA AKIIN HA MARIN FARAHA DHEXDOODA.**

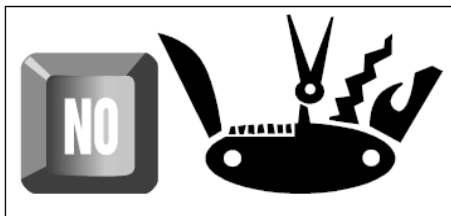


Nails CIDIYAHA



- Trim straight across with clippers
- **CIDIYAHAAGA U GAABI SI TOOS AH CIJIYO JAR**
- Do not use razor blades, knives, or scissors
- **CIDIYAHAAGA HA KU JARIN MINDI, AMA MANQASKA. HILIB SAF.ANKA**

Corns & Calluses



HILIB & BURADA ADAG

- Rub with dry towel or pumice stone
- **KU TIRTIR AMA MAR MARI CAGAHAGA SHUKUMAAN QALALAN AMA DHAGAXA CAGAHA LAGU DHAQ**
- Do not cut them off yourself
- **HAYS GOYNIN MARKA AAD CIDIYAHAY ISKA JARAYSO**

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