

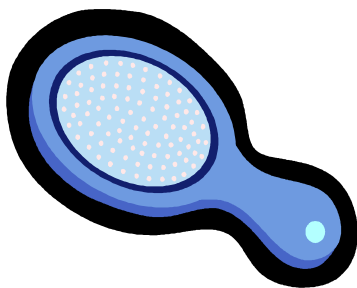
DIABETES: Foot Care - Daily foot check

SONKOROWGA/MACAANKA: XANAANADA CAGAHA MAALIN KASTABA

- Check your feet every day
- **XANAANAYNTA CAGAHA EE MAALIN KASTA**
- Check top, bottom, and between toes
- **FIIRI CAGAHAAGA KORKOODA, HOOSTOODA IYO FARAHA DHEXDOODA.**



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- Use a hand mirror
- **ISTICMAAL MURAAAYADA GACANTA**
- Look for cuts, sores, blisters, cracks

- **KA FIIRI CAGAHAGA MEEL GO'AN AMA DILAACSAN AMA SOO BUURAN.**

- See your doctor right away for foot problems
- **HADDII AAD DHIBAATO KU ARAGTO CA GAHAAGA LA KULAN DHAQTARKAAGA SI DHAQSI AH.**



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- The sooner, the better!
- **DHAKHSO U ARAG DHAKHTARKAAGA WAY KUU FIICAN TAHAY.**

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