DIABETES: Foot Care

Daily foot check

- Check your feet every day

- Check top, bottom, and between toes

- Use a hand mirror

- Look for cuts, sores, blisters, cracks

- See your doctor right away for foot problems

- The sooner, the better!

© CDC 2006

Harborview Medical Center-08/06
325-Ninth Avenue, Seattle, WA 98104
www.harborview.org