# DIABETES: Foot Care

## Shoes (ጫማታት)
- Always wear shoes and socks
- Change socks every day
- Choose Shoes that fit: one thumb space from toe to end of shoe
- Check inside of shoes for lumps or stones

## Skin (ቀርበት ከክና ነጎ)
- Wash feet every day
- Use luke-warm water
- Dry with towel, get between toes
- Treat dry skin with lotion, but not between toes

## Nails (ኣጻፍር ከክና ነጎ)
- Trim straight across with clippers
- Do not use razor blades, knives, or scissors

## Corns & Calluses (ካሎታት መ ከርስ)
- Rub with dry towel or pumice stone
- Do not cut them off yourself

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