

# Caring for Your Feet

*Keep your feet protected and healthy to prevent open sores and wounds on your feet.*



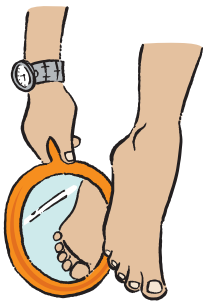
**Keep your feet clean and dry.**



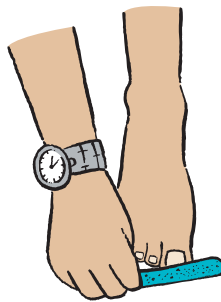
**Do not soak your feet for a long time.**



**Wear clean socks every day and always wear shoes with a closed toe and heel.**



**Check your feet daily for blisters, redness or sores. See your doctor right away if you have any sores.**



**Routinely use an emery board to trim nails. Never use a razor or a knife.**



**Keep floors and paths clear of objects to avoid stubbing your toes.**



**Examine your shoes every day.**



**Never walk barefoot or wear flip flops.**

