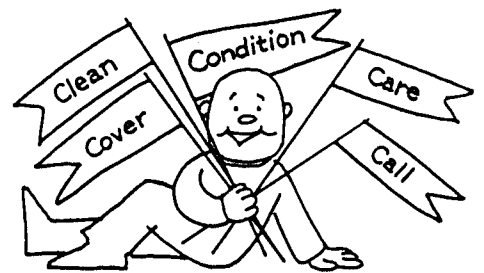


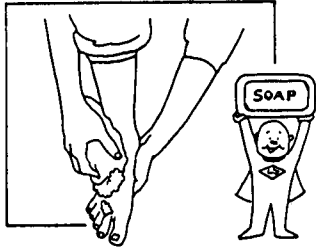
Remember the 5 C's of Foot Care!

Prepared Especially for Persons With Diabetes

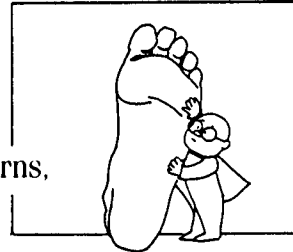


1. Clean!

Clean and check feet daily! Wash with warm, not hot, water. Pat dry.

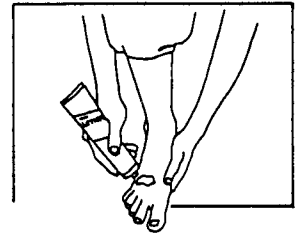


Check *all over* for blisters, corns, calluses, scratches.



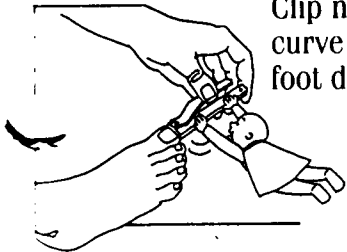
2. Condition!

Use a moisturizer or cream daily. Choose one without perfume or alcohol.



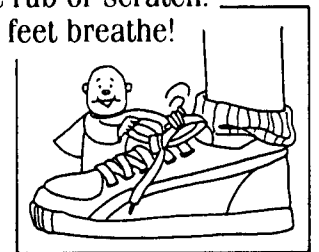
3. Care!

Clip nails straight across with a slight curve at the corners. Let your doctor or foot doctor take care of calluses!

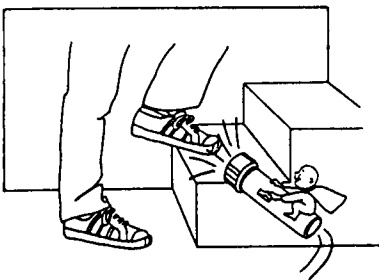


4. Cover!

Always wear shoes, sneakers, or slippers to protect your feet! Make sure they fit correctly and don't rub or scratch. Cotton socks let your feet breathe!



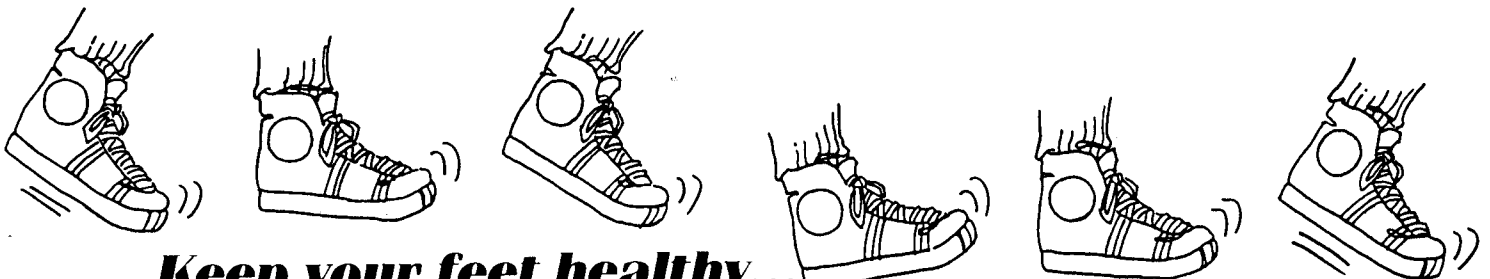
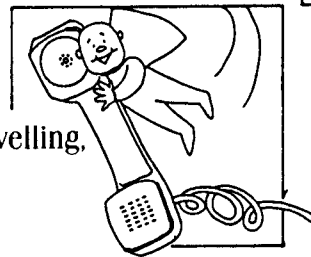
5. Use Caution! and Call!



Be careful.

Walk in good light.
Take care in slippery places!

Call your doctor if you have pain, swelling, soreness—any change in your feet!



**Keep your feet healthy...
to keep them working for you!**