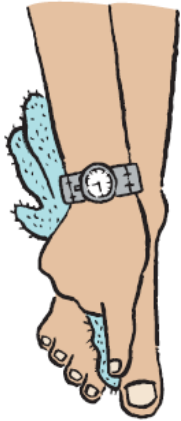


# Caring for Your Feet

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



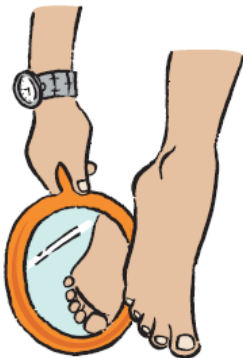
Keep your feet clean and dry.



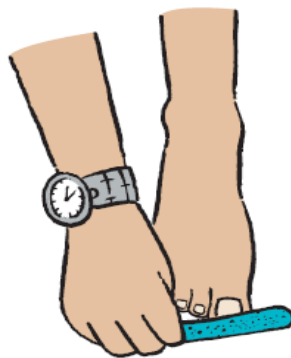
Do not soak your feet for a long time.



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 immediately 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.



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