

# DIABETES FOOT CARE CHECKLIST

- Check your feet**  
*Look for cuts, blisters, redness, swelling, or color changes.*

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- Wash your feet**  
*Use lukewarm water and mild soap. Dry gently, especially between toes.*

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- Moisturize dry skin**  
*Apply lotion or petroleum jelly to dry areas, but avoid between the toes.*

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- Trim toenails carefully**  
*Cut straight across and avoid digging into corners.*

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- Wear clean, well-fitting socks**  
*Choose soft socks without tight elastic bands.*

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- Wear comfortable, protective shoes**  
*Avoid walking barefoot, even at home.*

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- Check inside shoes before wearing**  
*Remove stones, sharp edges, or foreign objects.*

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- Report foot problems early**  
*Don't ignore pain, numbness, calluses, or slow-healing wounds.*

## PERSONAL NOTES:

**IMPORTANT:** This checklist supports daily self-care and doesn't replace medical advice. Always follow guidance from your healthcare provider.