

# Caring for Your Feet

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



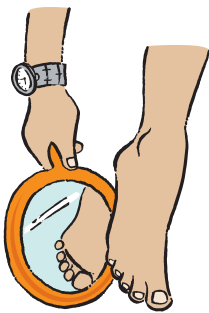
**Keep your feet clean and dry.**



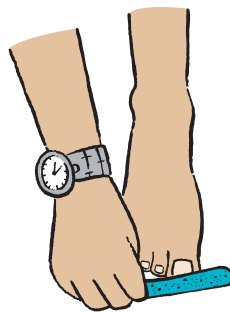
**Do not soak your feet for a long time.**



**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.**



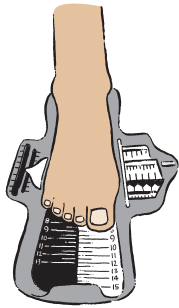
**Examine your shoes every day.**



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

# How to Pick the Right Shoe

*When you shop for shoes, take this tip sheet with you. Take your time to carefully select shoes. You are looking for a shoe that protects your feet, keeps them dry and offers support as you walk.*



- Have your foot measured to make sure you are selecting the right size and width.



- Select a shoe with flexible fittings, such as laces or “hook and loop” straps. Avoid slip ons.



- Try on the shoes with socks and walk in them at the store.
- Pay attention to the fit. No part of the shoe should pinch your feet.



- The inside should be smooth and have no seams.
- Look for cushioned insole that prevents rubbing or friction.
- The ankle area should be soft and supportive.



- The toe box should be wide enough so you can wiggle your toes.
- Your foot should not slide inside the shoe as you walk.