

CHECK YOUR FEET EVERY DAY



YOU SHOULD CHECK YOUR FEET AT LEAST ONCE A DAY FOR ANY:

-  BLISTERS
-  BREAKS IN THE SKIN
-  PAIN
-  INFECTION (SWELLING, HEAT OR REDNESS)

TAKE CARE OF ANY INJURIES RIGHT AWAY.



AVOID WALKING BAREFOOT



ALTHOUGH TEMPTING,
DO NOT WALK OUTSIDE BAREFOOT.

WALKING ON HOT SURFACES OR SAND CAN QUICKLY
CAUSE BLISTERS OR BURNS ON THE FEET.

DEBRIS ON THE GROUND CAN CAUSE A WOUND.





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TRAVEL



LONG JOURNEYS CAN MAKE YOUR FEET SWELL.
TRY TO WALK ABOUT EVERY HALF HOUR IF POSSIBLE;
EVEN A SHORT DISTANCE WILL HELP.
PACK A SMALL FIRST AID KIT TO READILY TREAT ANY
INJURIES WHILST ON HOLIDAY.



STAY HYDRATED



DRINKING PLENTY OF FLUIDS CAN EASE FOOT
SWELLING FROM HEAT.
MAKE SURE YOUR SHOES ARE NOT TOO TIGHT.



DAILY ROUTINE



WASH YOUR FEET DAILY IN WARM WATER AND WITH A MILD SOAP. RINSE THEM THOROUGHLY AND DRY THEM CAREFULLY, ESPECIALLY BETWEEN THE TOES. IF YOUR SKIN IS DRY, APPLY A MOISTURIZING CREAM, AVOIDING THE AREAS BETWEEN YOUR TOES.

