

Self-Care Series: **Foot Inspection**



COMPASS
COMMUNITY HEALTH

DIABETES FOOT HEALTH PROGRAM



Wash daily



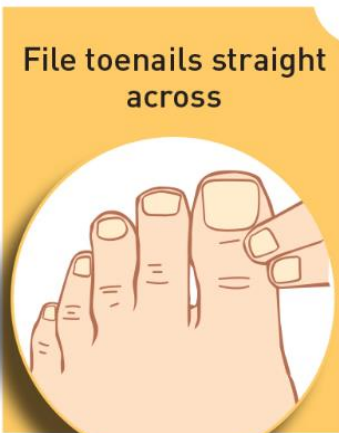
Dry well especially
between toes



Feel for bumps or
temperature changes



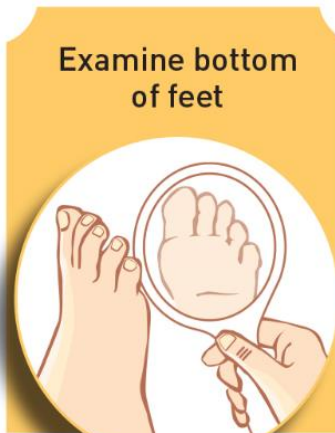
Look between toes;
check each toenail



File toenails straight
across



Check for dry,
cracked skin



Examine bottom
of feet



Track what you find