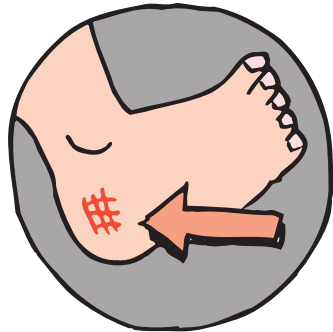


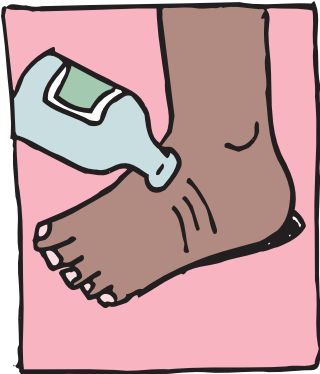
TIPS FOR GOOD FOOT CARE



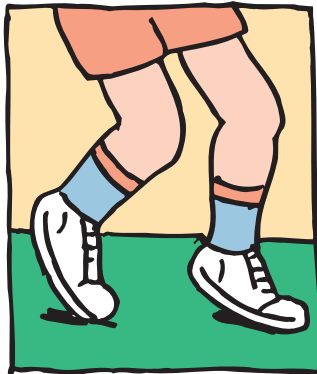
Check your feet and toes daily for cuts, bruises, or swelling



Wear shoes and socks that fit well



Use skin lotion to avoid dry feet (but not between your toes)



Exercise every day for at least 20 to 30 minutes



Wash and dry your feet every day. Use warm (not hot) water and mild soap



File your toenails straight across



See your doctor right away if you hurt your feet



Don't go barefoot - ever!