

Healthy feet are

**Happy
feet**



Key steps
for looking after your feet

Healthy feet are **Happy feet**



Moisturise
dry skin



File toes nails straight across



Always
wear shoes
to protect
your feet



Dry well
especially
between
your toes



Check your
feet daily
(look and feel)



Wash
your feet
daily



Key steps
for looking after
your feet

If you have
any problems
see your
healthcare
professional

