

Tumunun Pechen Emon Mi Uri Semwenin Suke

Foot Care For People With Diabetes

Control
your
diabetes
for
LIFE



1
Nimeti pecheom ngeni konik me soap. Wash your feet daily with lukewarm water and soap.



2
Tounepwasei pecheom, akaewin nefinen autum. Dry your feet well, especially between the toes.



3
Epiti pecheom ngeni tikka ika lotion. Keep the skin supple with a moisturizing lotion, but do not apply it between the toes.



4
Cheki pecheom ika mi kinas, poi, po, ika parapapar, ika mi wor, churi tokter. Check your feet for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.



5
Kosapw tongeni kopwe atasi ne fetan. Never walk barefoot indoors or outdoors.



6
Nengeni echou mesen ipwomw! Fetan non saram (neeni mi saram). Fetan non an mi nimenimoch. Esap wor, chuufen, piipi, faaw mi fisikken, pon maan, me pekun ira! Watch your step! Walk in well lighted areas. Walk on clear pathways. Clean pathways free of nails, trash, sharp rocks, shells, and branches!

To learn more, contact:

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