SAVE FEET INDIA

FOOTHEALTH • EDUCATION • PREVENTION

Healthy Feet. Better Life.

DO NOT IGNORE A NEW CHANGE

10 RED SIGNALS FOR YOUR FEET

Act early - especially with diabetes,reduced feeling or poor circulation.



1 **New cut or break in the skin**



2 **New blister**



3 **New or spreading redness**



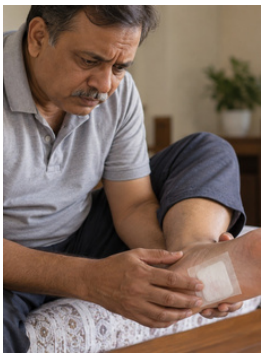
4 **Foot feels hot or warmer than usual**



5 **New swelling**



6 **New throbbing pain**



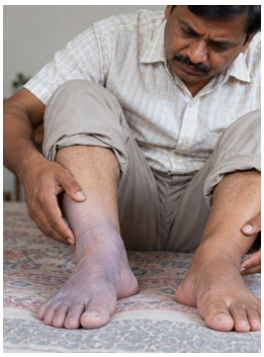
7 **Wound getting worse and bad**



8 **New or unpleasant smell**



9 **A change in foot shape**



10 **Blue, black, pale or patchy colour**

Urgent signs: a new wound, spreading redness, swelling, heat, discharge, blue or black skin, fever, or sudden change in foot shape.

DO NOT WALK BAREFOOT WITH DIABETES

Check your feet daily. Wear suitable footwear. Ask for help early.

FEVER OR RAPIDLY WORSENING CHANGES? SEEK URGENT CARE.
A serious foot problem can worsen quickly.
Do not wait to see if it settles.

Educational information only. Seek qualified professional care for personal health concerns. © 2026 Save Feet India