SAVE FEET INDIA

FOOTHEALTH • EDUCATION • PREVENTION

Healthy Feet. Better Life.

DIABETES?

BAS 2 MINUTES

Give your feet two minutes of attention every day.

YOUR 2-MINUTE CHECK



LOOK

CHECK SOLES, HEELS AND BETWEEN TOES.



FEEL

NOTICE WARMTH, SWELLING, NUMBNESS OR PAIN.



ACT

TWO MINUTES.
ACT EARLY IF THINGS CHANGE.

DO NOT WALK BAREFOOT WITH DIABETES

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

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

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