



Look after
your feet
today, for
your health
tomorrow



Foot Health Emergency Guide

A quick guide to help you know what
to do and when to get help

DIABETES FOOT WARNING SIGNS – DON'T IGNORE

Diabetes can affect your nerves and blood flow,
which means even small problems can become
serious quickly.



Numbness or
tingling



Changes in
skin colour



Sores or wounds
that won't heal



Swelling



Unusual
warmth or cold



GREEN – SAFE TO MONITOR

These signs are usually minor and
can be managed at home.



Dry skin or mild callus



New shoes causing
rubbing (no skin break)



Thickened toenails
without pain



Mild foot odour
or sweat



What to do

Keep your feet clean and moisturised.
Wear well-fitting shoes.
Check your feet daily.



ORANGE – BOOK A PODIATRIST SOON

These signs need professional
attention soon.



Corn or callus causing
discomfort



Ingrown toenail
or painful nail



Cracked heels
or dry skin



Minor cuts or blisters
(skin not broken deeply)



What to do

Book an appointment with
your podiatrist within the
next few days.



RED – SEEK URGENT MEDICAL ADVICE

These signs could be serious.
Get help straight away.



Open wounds or ulcers



Redness, swelling
or heat



Pus or bleeding



Severe pain



Feeling unwell with
a foot problem



What to do

Contact your GP, NHS 111
or go to Urgent Treatment
Centre or A&E.

60 SECOND DAILY FOOT CHECK

Check your feet every day – it could prevent problems.

1



Find a good
light and sit
comfortably

2



Look at the top,
sides, sole and
between toes

3



Check for cuts,
blisters, redness,
swelling or changes

4



Feel for lumps,
warmth or
tender areas

5



Use a mirror
or ask for
help if needed

6



Report any
changes to your
podiatrist

WANT TO LEARN MORE?

Scan the QR code for trusted
information on diabetes
and foot care.



Your feet. Your health. Our priority.
Regular foot care can help you stay active,
independent and healthy.

HCPC Registered Podiatrist
Health and Care Professions Council
You are in safe, qualified hands.



This guide is for general information only and does not replace professional medical advice.
If you are unsure about your symptoms, seek professional help.