

HEALTHY SKIN

Clean hands often * Cut fingernails *

Cover sores and cuts with plaster * Keep skin clean



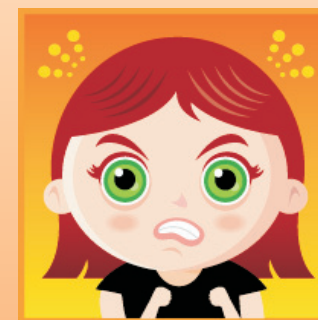
Well child



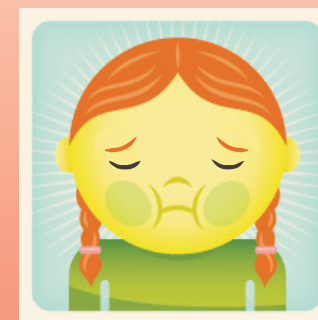
Child with minor cut, sore or other skin condition



Child with minor skin infection



Child with skin infection that is getting worse



Child with serious skin infection

- Good food and nutrition is important for healthy skin
- Keep skin clean
- Wear clean clothes
- Keep house clean inside and out
- Wash sheets and towels regularly
- Treat animals for fleas regularly
- Wash hands with soap and water often

- Wash hands with soap and water often
- Clean and cover cuts and sores with plasters
- Cut and file fingernails
- Care for other skin conditions e.g. eczema - use your creams and lotions
- Use own sheets and towels
- If you need help, ask the nurse or other health worker

See the doctor or nurse today if the sore or redness has any of the following:

- is the size of a 10c piece or bigger
- has pus
- is getting bigger
- has red marks
- is not getting better within 2 days
- Is near the eye

- See the doctor and get a prescription for medicine (antibiotics)
- Get medicine from the pharmacy straight away
- Take the full course of medicines (antibiotics) as prescribed
- Don't share medicines with others
- Supervise children taking medicine
- Go back to doctor if not getting better

- Your child will be sore and very sick
- Will need to go to hospital
- May need surgery

Skin infections, if left untreated, can lead to serious and life-threatening illness.



Acknowledgement: Regional Public Health Lower Hutt

For skin infection information and resources visit www.ttophs.govt.nz/healthyskin

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts

HEALTHY SKIN

Clean hands often * Cut fingernails *

Cover sores and cuts with plaster * Keep skin clean



Well child



Child with minor cut, sore or other skin condition



Child with minor skin infection



Child with skin infection that is getting worse



Child with serious skin infection

- Good food and nutrition is important for healthy skin
- Keep skin clean
- Wear clean clothes
- Keep house clean inside and out
- Wash sheets and towels regularly
- Treat animals for fleas regularly
- Wash hands with soap and water often

- Wash hands with soap and water often
- Clean and cover cuts and sores with plasters
- Cut and file fingernails
- Care for other skin conditions e.g. eczema - use your creams and lotions
- Use own sheets and towels
- If you need help, ask the nurse or other health worker

See the doctor or nurse today if the sore or redness has any of the following:

- is the size of a 10c piece or bigger
- has pus
- is getting bigger
- has red marks
- is not getting better within 2 days
- Is near the eye

- See the doctor and get a prescription for medicine (antibiotics)
- Get medicine from the pharmacy straight away
- Take the full course of medicines (antibiotics) as prescribed
- Don't share medicines with others
- Supervise children taking medicine
- Go back to doctor if not getting better

- Your child will be sore and very sick
- Will need to go to hospital
- May need surgery

Skin infections, if left untreated, can lead to serious and life-threatening illness.



Acknowledgement: Regional Public Health Lower Hutt

For skin infection information and resources visit www.ttophs.govt.nz/healthyskin

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts