

# GO TO THE DOCTOR...



... if a sore or redness  
has any **ONE** of the  
following:

**Is the size of a 10c  
coin or bigger**

**Has pus**

**Is getting bigger**

**Has red streaks  
coming from it**

**Is not getting  
better within 2  
days**

**Is near the eye  
(see a doctor  
urgently)**

**HEALTHY SKIN**

*Regional Public Health*  
Better Health For The Greater Wellington Region  
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# LOOKING AFTER SORES



**Wash and dry your hands  
(20 second rule).**

**Use a clean cloth or paper  
towel to soak and wash  
the sores. Put the cloth or  
paper towel in the rubbish.**

**Dry sores with another  
clean cloth or paper towel.  
Put the cloth or paper  
towel in the rubbish.**

**Cover sores with a clean  
gauze cloth or sticking  
plaster. Change daily.**

**Wash and dry hands  
again.**

**If you have questions or  
are worried about the  
sores contact your doctor  
or nurse.**

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