

HEALTHY SKIN

Keep skin clean * Clean hands often * Cut fingernails * Cover sores and cuts with plaster



Well child

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



Child with minor cut, sore or other skin condition

- Wash hands with soap and water often
- Clean and cover cuts and sores with plasters
- Check cuts and sores on a daily basis
- 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 health worker



Child with minor skin infection

Even if the child appears well, see the doctor or nurse today if the sore or redness has any of the following:

- is near the eye
- is the size of a 10c piece or bigger
- has pus
- warm to touch
- is painful
- is getting bigger
- has red lines coming from it
- is not getting better within 2 days

Child may or may not have a fever



Child with skin infection that is getting worse

- See the doctor or nurse. Medicine (antibiotics) may be required
- Get medicine from the pharmacy and start taking straight away
- Take the full course of medicines (antibiotics) as prescribed
- Don't share medicines with others
- Supervise children taking medicine
- Check skin daily
- Go back to doctor if not getting better



Child with serious skin infection

Skin infections can spread very fast and the child can become unwell very quickly. It is important that you don't wait for the infection to get to this stage.

- Your child may appear very unwell
- Will need to go to hospital
- May need surgery

If the infection is left untreated, it can lead to serious and life threatening illness.

For skin infection information and resources visit www.rph.org.nz

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