

Keeping Skin Healthy

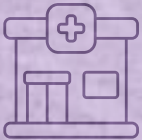
When we keep our skin healthy, we:

- stop infections like Group A streptococcus and diphtheria
- stop sickness like rheumatic fever
- keep our bodies strong, inside and out!

How to Keep Skin Healthy



1. Wash your skin with water every day - in the shower, bath, or pool



2. Go to the clinic as soon as skin sores start - antibiotics stop you getting sick



3. Keep skin sores covered until they heal - this stops sores from spreading

Other things you can do to keep skin healthy:



• Wash at home with hot water and soap in the shower or bath



• Moisturise your skin with cream after you wash

If your taps aren't working or you need other help with your house, talk to your clinic about a referral to your local Aboriginal Environmental Health team.

