

# Healthy skin

## Keeping your family strong

### Why is skin important?

Skin is your body's largest organ.

It acts as a shield and barrier against germs.

When your skin is healthy, it protects your body.

Having healthy skin helps you stay well, feel good, and do well at school and sport.

### How do germs make your skin sick?

Cuts and bites can damage the skin barrier.

Germs can then get into your body, causing infections.

If your skin is sick, the rest of your body can get sick too.

*Cover sores with band-aids to stop germs from spreading!*



### Common skin problems

Some common skin problems in Queensland include:

- Skin sores
  - Boils
  - Scabies
- Ringworm (tinea)
- Hand, foot and mouth disease
  - Head lice

# Keeping your family's skin healthy



Use soap and water when washing your body to remove dirt and germs.



Wash hands after using the toilet, changing nappies, and before eating or making food.



Don't share towels, bedding or clothing.



Wash clothes and bedding often and dry them in the sun.



Eat good tucker from Country or from the shop.



Moisturise to keep skin strong and stop it cracking.



Use bush medicine, but if the problem isn't getting better, visit the clinic.

# Helping kids get back to school and daycare

Some skin conditions spread easily. Staying home for a short time helps keep everyone healthy.

## Skin sores

Return after 1 full day of antibiotics

## Scabies

Return 1 day after treatment starts

## Ringworm

Return 1 day after treatment starts

## Hand, foot and mouth

Return once blisters are dry

## Head lice

Return once treatment has started

*Even if you start to feel better, make sure you take all your medicine!*

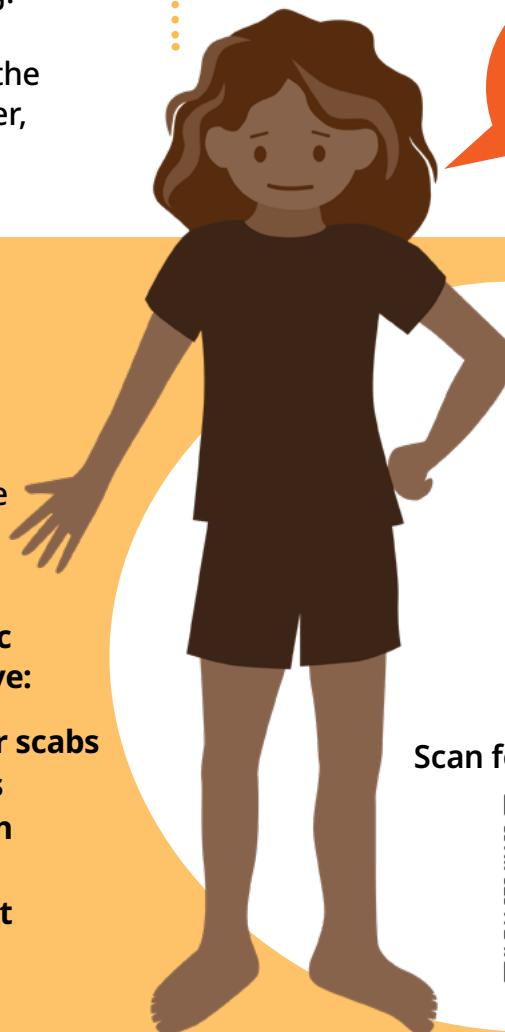
## When to go to the clinic

Treating skin problems early can prevent them getting worse or spreading to your family and community.



**Go to the doctor or clinic if you or your family have:**

- Skin sores with pus or scabs
- Boils or painful lumps
- Very itchy skin or rash
- Head lice with sores
- Any skin problem that is not getting better



Your closest clinic is



Scan for more information

