



# Da elthi skin buk

Yumplatok

**DELIVERING**  
FOR QUEENSLAND



Queensland  
Government

# Gibe respekt

Queensland Health gibe respekt po dem Traditional ane Cultural Custodians blo da land, wata ane solwata rait raun Queensland. Wi gibe rispekt po dem bipotaim elda, ane dem wan ya nau. Ane wi sabe dat dem lida blo tidei ane demwan uda kam apta go bi part po meke elth system mobeta.

Queensland Health gibe respekt po dem Aboriginal ane Torres Strait Ailan First Nations pipol wea Queensland ane sapot cultural knowledge, strong blo dempla ane commitment blo Aboriginal ane Torres Strait Ailan komuniti po lugaut dempla elth ane wellbeing.

# Da rizan po dis smol buk

**Dis buk tokbaut ebri dem  
skin diziz wea Queensland.**

E gibe inpomeisan po ol komuniti. E ken printem lo elth care ples ane ken gibem po komuniti. O yu ken printem mo big saiz solong dem dokta o nurs ken yuzem po explen ol dipren skin diziz, ane wen po gede help ane aukam skin e impotant.

Ip yu wande seinze dis inpomeisan po yuzem wea komuniti blo yu pliz kontakt da Queensland Health Strategic Communications Branch:  
[strategiccommunications@health.qld.gov.au](mailto:strategiccommunications@health.qld.gov.au)  
[engagement@health.qld.gov.au](mailto:engagement@health.qld.gov.au).

## Wanem insaid

- 4** Aukam skin e impotant?
- 5** Wiskain dem germ ken meke skin sik?
- 6** Demting dat ken meke skin sik
- 7** Ebri dei skin problem...
- 8** **Skin sores**
- 10** **Boils**
- 12** **Scabies**
- 14** **Infected scabies**
- 16** **Scabies e gad crust**
- 18** **Ringworm o tinea**
- 20** **Hand, foot, ane mouth diziz**
- 22** **Head lice**
- 24** Kipe skin blo pamle elthi
- 26** Wiskain po yuze scabies krim
- 28** Ip yu gad skin problem, go po klinik
- 29** Elpe dem sildren po safe wan go baigen po skul o day care

# Aukam skin e important?

Skin e kaba bodi blo yu,  
ane em wase shield ane  
wall gense ol germs.

Wen skin blo yu e elthi  
em protekt bodi blo yu.

Wen yu gad elthi skin e go  
kipe yu elthi, meke yu feel  
gud wea skul ane sport.



# Wiskain dem germ ken meke skin sik?

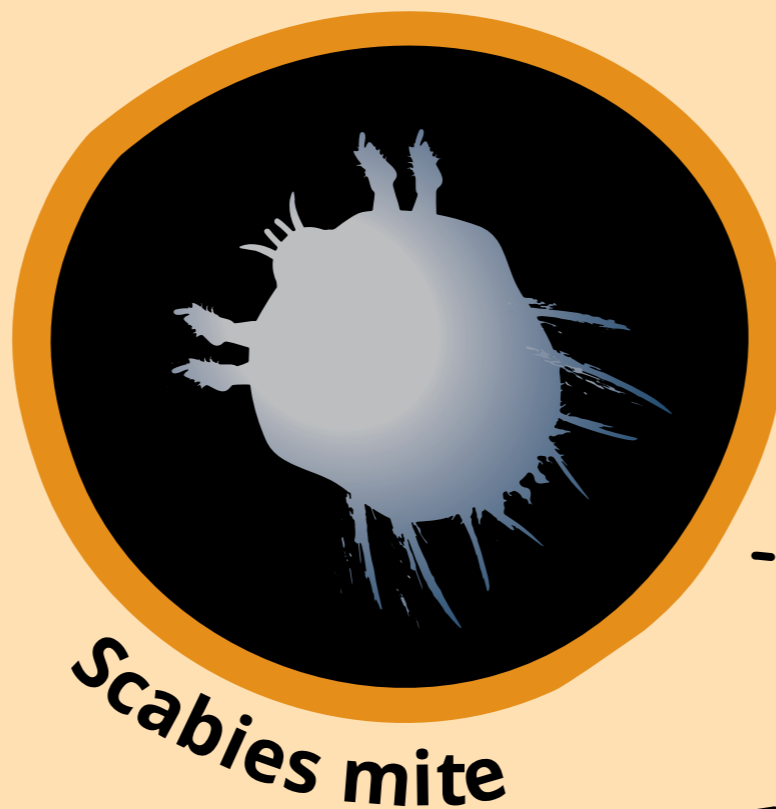
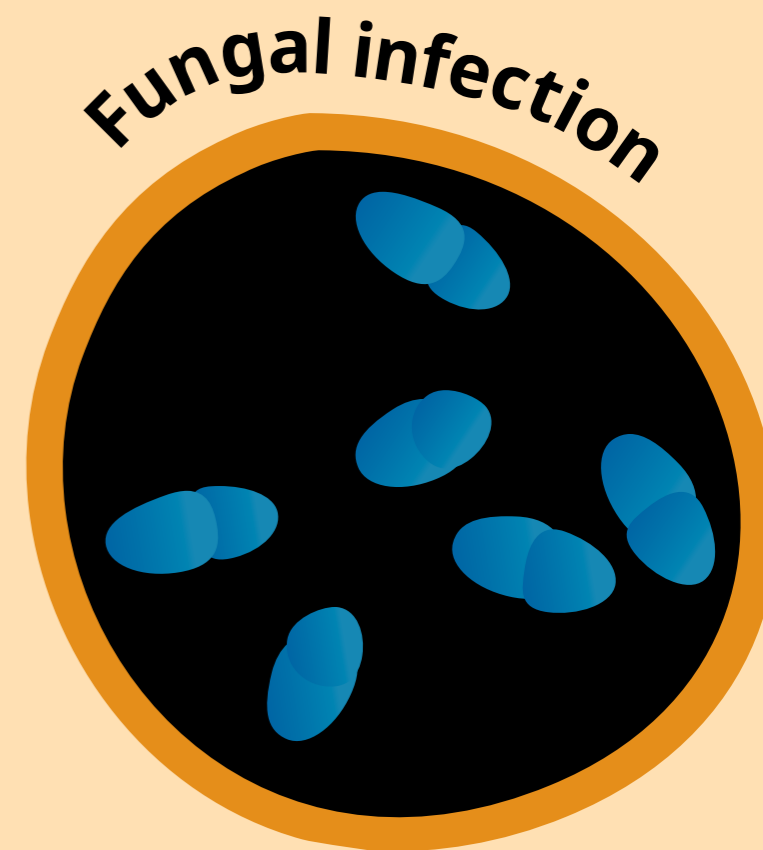
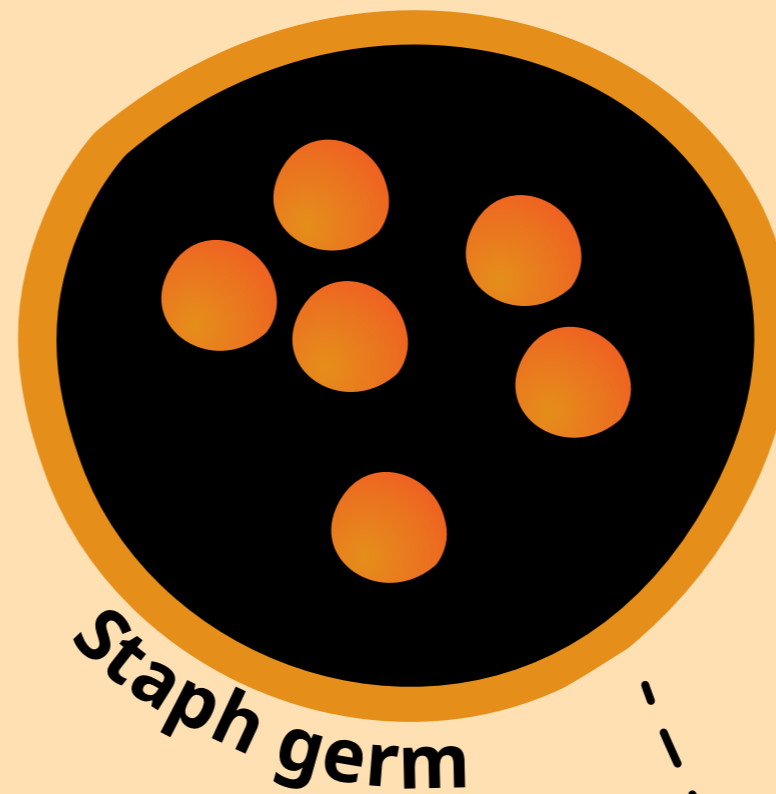
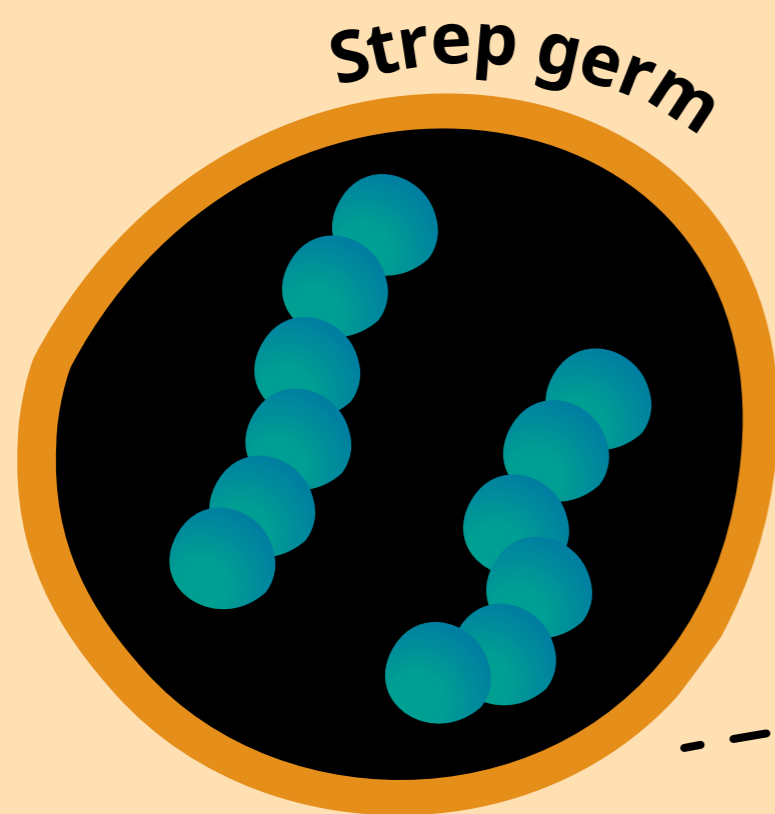
Ol cut ane insect bite ken damiz da skin. Den ol germs ken go insaid yu bodi ane infection ken stat.

Dis infection ken meke mo damiz insaid yu bodi. Ane e ken meke yu heart o kidni sik.

Ip skin blo yu e sik den nada part blo yu bodi ken kam sik tu.



# Demting dat ken meke skin sik





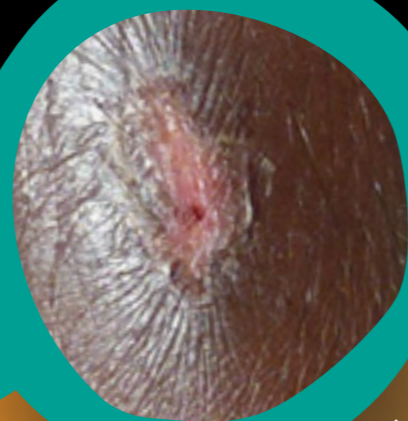
**Ebri dei  
skin  
problem...**

# Skin sores

Skin sores ken apen wen strep o staph germ go insaid da bodi thru cut o bite, o prom skin blo wan person uda gad sore tase nada person.



Skin sore e gad pus



Skin sore e stat po kam orait

Acacias, Gangalidda and Waanyi Country, Doomadgee

# Signs



Sore e gad  
yelo-brown  
kala scab



Sore e gad pus

! **Ip yu tink yu o pamle blo yu e gad skin sore, go po luk dokta o klinik.**



Wen skin sore e gad scab o pus, yu nid **medsin** po kile dem germ.



Kaba da sore wea **band-aid**. Wen dem sore stat po kam orait, dempla luk flat ane drai.



**Stretwei** yuze medsin po dem skin sore.



**Kip teke da medsin**, iben ip da sore stat po luk orait.



E prapa izi po dem skin sore po **spred**. No yuze towel, clothes o bed blo nada person wen yu gad dem sore.

# Boils

Boil e ken apen wen da staph germ go insaid wea hair e grow o wea yu swet. Sam taimz dem strep germ ken go insaid bodi tu.



Boil e swelap

# Signs

E mait gad ples e nadakain pain wea face, nek, armpit, solda o kup



Lump e red ane swelap



Samtaimz e gad fever

Ip yu tink yu o pamle blo yu e gad **boil**, go po luk dokta o klinik.



Yu nid **medsin** ip yu gad boil. Samtaimz e tablet yu mas tekem til e pinis.



**Trai po no tase** o skwiz da boil. Kip wash hand blo yu wea soap ane kip kabarem wea band-aid.



**No lau** nada person po yuze towel o clothes blo yu wen yu gad boil.

# Scabies

Scabies e kam prom prapa smol insect e go andanit skin ane pute egg. E ken spred prom skin blo wan person uda gad sore po nada person, o ip dipren pipol yuze da seim clothes, towel o bed.



Scabies skin infection

Rainforest, Kuku Yalanji Country, Daintree National Park

# Signs

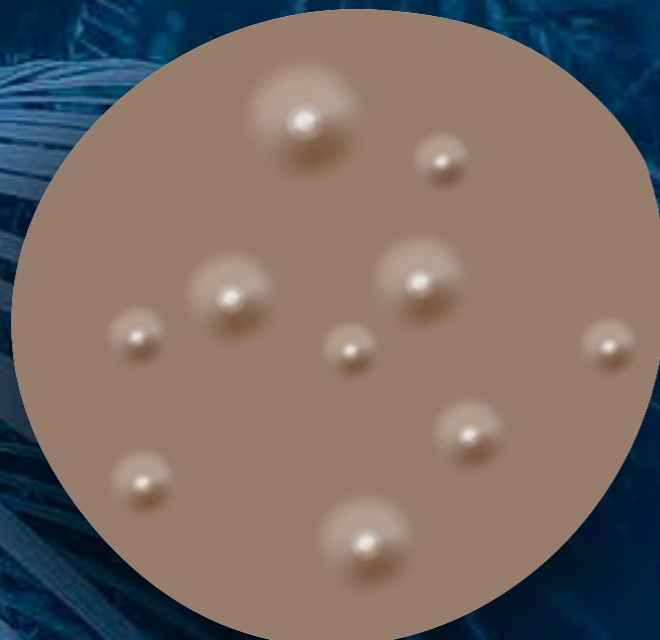


**Skin e skras,  
samtaimz  
e mobad  
nait taim**



**Red skin bitwin  
pinga ane toe, wea  
wrist, elbo, knee,  
ankle ane kup**

**Wea sildren,  
e gad smol samting  
wase pimple wea  
hand ane foot  
ane samtaimz  
wea bodi**



**Ip yu tink yu o  
pamle blo yu e  
gad **scabies**,  
go po luk dokta  
o klinik.**



Yu mait nid po yuze krim ane teke tablet. Yu mas trite ebriwan wea da aus da seim taim. Wen yu gede da krim stretwei yuzem, ane yuzem gen apta wan wik.

**\* Luk Wiskain po yuze scabies krim wea peiz 26-27**



**Wash** ebri clothes, towel ane bedding wea da aus ane yuze ot wata.



**Drai** dem clothes ane bedding lo sun o yuze 'hot' setting wea da clothes dryer po kile dem scabies.



**Vacuum** ebri floor, lounge, car seat po sildren, pram ane eni nada furniture.

# Infected scabies

Dem scabies sore ken gede infected wea dem germ wase strep o staph.



Infected scabies

# Signs



Sores

Pus

Swelap

! **Ip yu tink yu o pamle blo yu e gad **infected scabies**, go po luk dokta o klinik.**



Yu mait nid po yuze **krim** ane teke **antibiotics** po infection.

\* *Luk Wiskain po yuze scabies krim wea peiz 26-27*



Nomata yu stat po pil orait, meik sure yu teke **ebri** tablet ane **yuze** ebri medsin.



**Kaba dem sore** wea band-aid o dressing po stape dem germ prom spred.



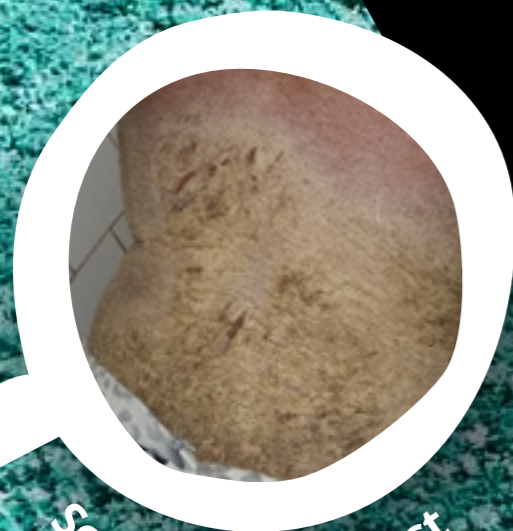
**No yuze** clothes, bed, o towel blo nada person uda gad infected scabies.



Dem infection ken meke yu **pil nugud** ane ip yu no gede tritment yu ken kam mo sik.

# Scabies e gad crust

Prapa nugud scabies infection e izi po spread prom wan person po nada person. E no apen plenti times but e ken apen wea dem old pipol o dempla uda gad elth problem.



Scabies e gad crust

Daintree River, Kuku Yalanji Country, Far North Queensland

# Signs



**Skin e stat po kam prapa thik  
ane gede crust**

**Samtaimz e no skras**

**Yu gedem dem scabies wea hand ane foot,  
ane samtaimz wea nada ples.**



**Ip yu tink yu o  
pamle blo yu e gad  
scabies e gad crust,  
go po luk dokta  
o klinik.**



Samtaimz dem pipol uda  
gad dem scabies e gad crust,  
ol tritem wea hospital.



Ip yu gad dem scabies  
e gad crust yu mas prapa  
**kline aus** blo yu po  
stapem prom spread.



**Wash** ebri clothes, towel  
ane bedding wea da aus ane  
yuze ot wata.



Pute ol mattress ausaid  
wea da **sun** po kile dem  
scabies. Tanem oba so sun  
kese dem tu said.

# Ringworm o tinea

Ringworm o tinea e ebridei fungal infection wea da skin o head. E ken spread prom skin blo wan person o ip tu pipol yuze da sem bed, clothes o towel.



Ringworm / tinea

# Signs



Sam eria wea skin  
e wande skrasem



E luk wase scale  
ane ring shape  
wea da skin

Ip yu tink yu o  
pamle blo yu e  
gad **ringworm** o  
**tinea**, go po luk  
dokta o klinik.



Dempla mait gibe yu  
anti fungal **krim** o **tablet**.



Nomata yu bin gad ringworm  
or tinea po long taim, go luk  
dokta po gede tritment biko  
e ken **stapem**.



Kipe da skin **klin** ane **drai**.  
Seinze soks ane dros ebridei.



Ip sambodi gad infection  
wea head **no share** hat  
o comb o brush.

# Hand, foot, ane mouth diziz

Dis diziz e ebridei problem po  
sildren. Em gede sore insaid  
mouth ane red eria wea  
hand ane foot.



Hand, foot, ane mouth diziz

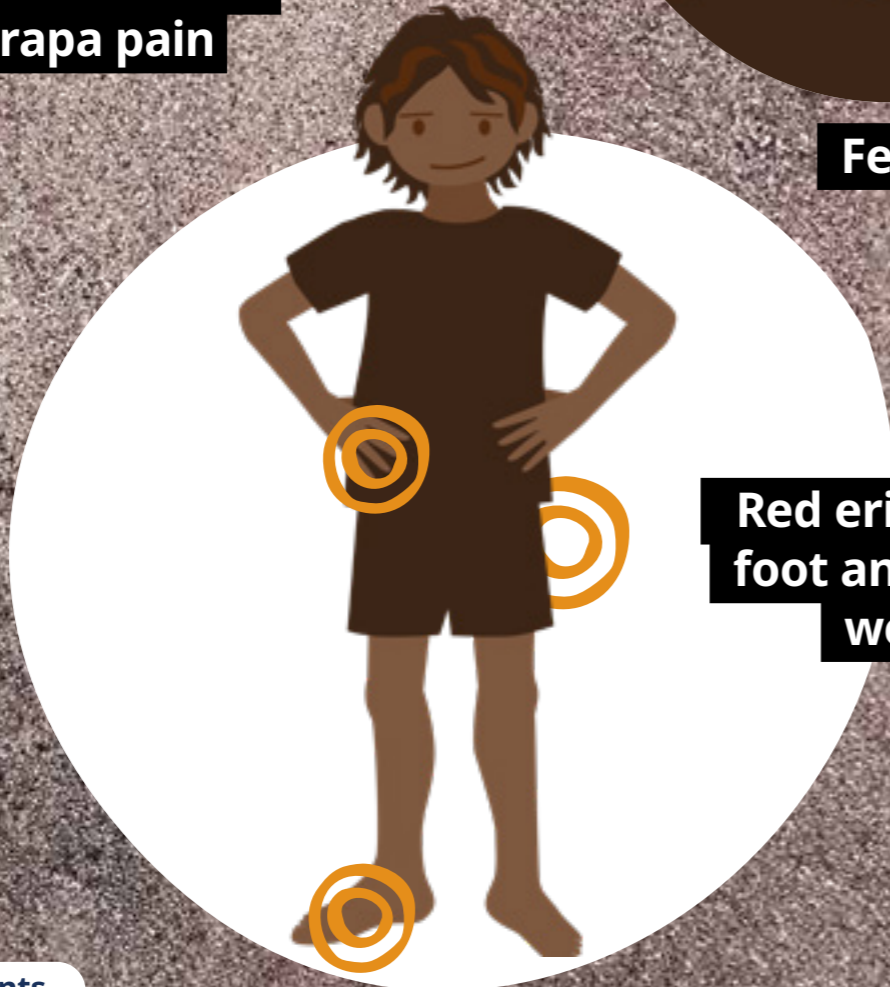
# Signs



Sore wea mouth  
e prapa pain



Fever



Red eria wea hand,  
foot ane samtaimz  
wea kup.

!   
Ip yu tink yu o  
pamle blo yu e gad  
**hand, foot, ane  
mouth diziz,**  
go po luk dokta  
o klinik.



E nogad spesil medsin  
po diswan bat e ken gibe  
**tablet po pain** ane mas  
drink plenti wata.



Ip yu tink yu gad **hand, foot,  
ane mouth diziz,** den yu mas  
wash yu hand ebritaim ane  
no lau nada pipol po yuze  
towel or bed blo yu.



Go baigen po **klinik** ip  
pikinini blo yu no drink inap  
wata o em kam prapa drai,  
gad drai lip, lelbit pipi, o em  
prapa tired.

# Head lice

Head lice e ebridei problem wea sildren. Dem lice e ken crawl kwikwan ane sped wen sildren plei o adult gibe hug. Wen ol stat po skras e ken stap pipol prom slip, e ken broke da skin ane sore o infection e ken stat.



Head lice

# Signs



Ol wande skras  
head ane e  
kam sore



White o  
brown lice  
wea head



Smol  
yelo-white  
kala egg wea  
da skin



Sore wea da head

Ip yu o pamle blo yu  
gad sore prom dem  
**head lice** wea e kip  
go, den go po dokta o  
klinik.



Yuze dem krim dat e gad  
medsin, ol kolem Dimeticone  
ane neroldol. Rabem wea  
klin ane drai hair. **Wash da  
hair** den comb out dem ded  
lice. Yu ken yuze conditioner  
wea wet hair ane comb em.  
Mekem ebridei til  
e nogad lice.



**Luk** ebrivan wea  
pamle po lice.



**Wash** wea soap ane hot  
wata ol pillowcase and sheet,  
comb ane hairbrush.



**No share** dem comb,  
hairbrush o hat.

# Kipe skin blo pamle elthi



Five generations, Gungaloo Country, Blackwater



### **Yuze soap**

Yuze soap ane wata wen yu wash bodi po mekem klin ane nogad germ.



### **Wash hand**

Wash hand wea soap wen yu bin go toilet, seinze nappy, bipo kaikai o wen yu meke kaikai redi.



### **Klin clothing ane bedding**

Plenti taim wash dem towel, clothes ane bedding. Drai wea da sun po kile dem germ.



### **Moisturise**

Kip yuze moisturise krim po kipe skin strong and stapem prom krak.



### **No share dem towel**

Trai po no share towel, clothes o bed po stap germs prom spred.



### **Gud kaikai**

Kaikai gud kaikai yu ken gedem prom ailan o komuniti o prom shop.



### **Bush medsin**

Ip yu gad bush medsin den yuzem, but ip em no kam orait den go po klinik.



### **Lukapta pet**

Ip yu lau pet po kam insaid aus, meik sure dempla klin ane nogad skin diziz. Meik sure dem pet gede tritment po tick, flea ane worm wen dempla spostu gedem. Ane gede vet po kate bol blo dempla.

# Wiskain po yuze scabies krim

**Kaba ebri part blo  
yu bodi, prom head  
godaun po toe ...**



**Wen yu gede da krim,**  
stretwei stat po yuzem.



**Apta yu bin swim** ane skin blo  
yu e drai, rabe da krim wea bodi.



Pute krim andanit finger nail pas den  
**apta rabe da krim wea hand.**



**Libe da krim wea hand** ane bodi til morning  
taim. Da krim mas stap de po 8 hour.



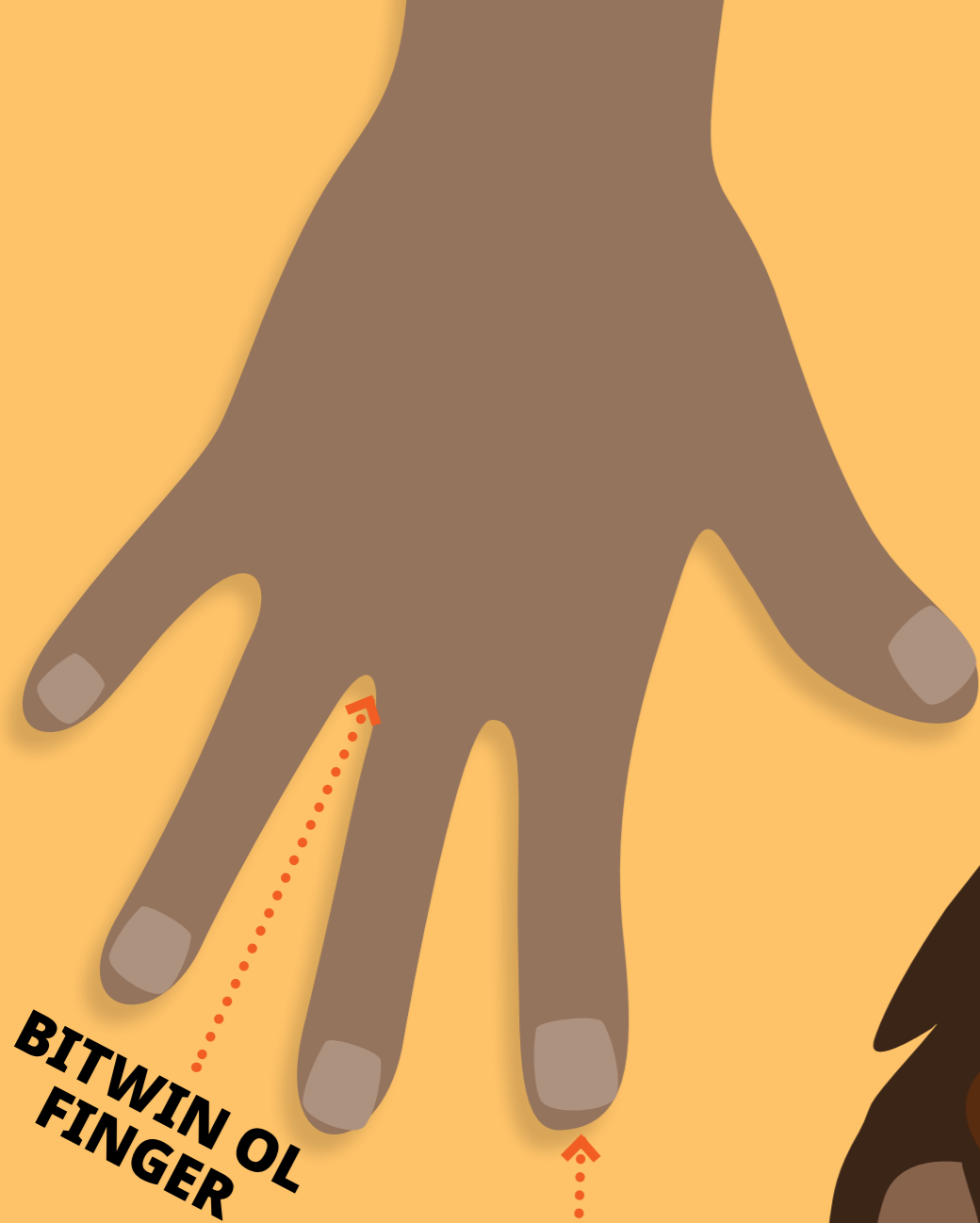
**Ip yu go toilet ane yu wash yu hand,**  
pute da krim baigen lo yu hand.



**Yuze da krim gen apta 7 days.**

**WEA BELI  
BUTTON**

**WEA  
PRIVATES  
ANE KUP**



**WEA HEAD**

**BITWIN OL TOE**

**ANDANIT PART BLO FOOT**

**ANDANIT NAIL**

**BEHIND TALINGA**

**ANDANIT TOE NAIL**

**Stap prom pute krim wea eye, lips o insaid mouth.**

# Ip yu gad skin problem, go po klinik

Ip yu trite da problem erli pat yu ken stapem prom kam mo bad ane spred po ol pamle ane komuniti.



Skin sore e gad pus



Skin sore e stat po kam orait



Boil



Scabies skin infection



Infected scabies



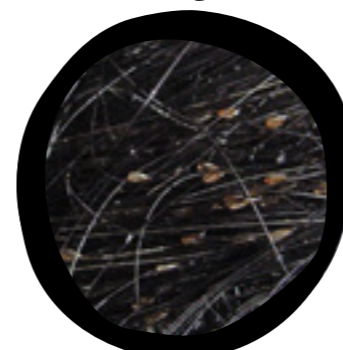
Scabies e gad crust



Ringworm / tinea



Hand, foot, ane mouth diziz



Head lice

**!**  
Go po luk dokta o klinik nau ip yu bin gad **skin problem** o **sore throat** and yu gad dem sign ya:



Sot win



Ip yu gad fever



Ip yu no hungry



Pain wea chest



No kan tink stret



Ol zoint e sore



# Elpe dem sildren po safe wan go baigen po skul o day care

**Some skin conditions spread easily. Sam dem skin problem e prapa izi po spred. So spik da skul o day care, dempla mait gad plenti kids wea dis seim sik. Ip yu stap house po sort taim e ken kipe ebri wan elthi.**



**Skin sores:** Pikinini blo yu ken go baigen apta dempla bin teke medsin po wan dei. Kaba dem sore wea band-aid ane spik dempla no piget po wash hand.



**Scabies:** Pikinini blo yu ken go baigen wan dei apta dempla bin stat teke medsin.



**Ringworm o tinea:** Pikinini blo yu ken go baigen apta da antifungal medsin bin stat.



**Hand, foot, ane mouth diziz:** Pikinini blo yu ken go baigen wen dem blister kam drai.



**Head lice:** Pikinini blo yu ken go baigen wen da tritment bin stat.



# Mipla gibe eso

Mipla gibe eso po da Queensland healthy skin working group,  
da Queensland Health Rheumatic Heart Disease Program  
team, Townsville Hospital and Health Service Public Health  
Unit ane dokta ane komuniti wea Queensland po ebri  
wok, elp, ane taim dempla bin gibem.

Dis smolbook e bin mekem dem ting dat The Kids Research  
Institute Australia (previously The Telethon Kids Institute) bin  
mekem, ane da Keeping Skin Healthy: A Handbook  
for Community Care Workers and the  
Strong Skin Story booklet.

