

# SKIN INFECTIONS

What to do next

## 1 Home (Self Care)

Clean, cover, cut nails and regularly check.

## 2 General Practice (GP) or pharmacy

if sore is large, getting bigger, has pus or isn't healing after two days, or if child has a fever.



# SKIN INFECTIONS

*Skin infections are common in children. Most can be treated effectively at home, however, some may need treatment by a doctor or medical centre nurse.*

## What to do

- Clean the infected skin with warm water.
- Pat the infected skin dry with a clean cloth or towel.
- Cover the infection with a clean dressing or plaster.
- Check the skin every day to see if it is getting worse.
- Clean, cover and check the skin daily until the infection has healed.
- Avoid scratching the skin or sores. Keep fingernails short and find ways to keep young fingers busy.

## When to get help

Call your general practice (GP) if the sore:

- is close to the eye
- is bigger than the size of a 10 cent coin (about 1.5cm)
- is getting bigger
- has pus and/or red streaks coming from it
- is not getting better after two days.

Also contact your general practice (GP) if your child seems unwell or has a fever.

## How to prevent skin infections

- Keep skin clean and fingernails short and clean.
- Wash clothes, towels and sheets regularly.
- Avoid sharing towels and bath water to prevent any infections from spreading.
- Eat healthy foods and drink lots of water.
- Wash and dry hands after toileting and before eating food.
- Get plenty of sleep.
- Regularly check everyone in the family's skin.

For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).