

Lukaotem gud skin blong yu

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Skin blong yu i protektem yu long doti mo hemi helpem yu blong stap helti oltaem. Sapos yu wari long skin blong yu, toktok long emploia blong yu o go luk wan dokta.



Boela mo infeksien long skin

Wanem ia ol boela mo infeksien long skin?

- Boela hemi wan redred lam long skin mo hemi soa.
- I gat ol smol boela (saes blong 1cm) o ol bigfala boela (saes blong 5cm i go antap).
- Ol samting olsem doti bakteria, vaeres, fangi o parasait oli kosem ol infeksien long skin.



Hao blong blokem ol boela mo infeksien long skin

- Wasem han blong yu oltaem wetem sop.
- No serem ol tawel, resa, sop o klos wetem narawan.
- Wasem ol tawel mo klos oltaem.
- Klinim ol kil long bodi, mo kavremap wetem ol plasta kasem taem oli hil gud. Sapos wan kil i no hil, toktok long emploia blong yu o go long wan dokta.
- Swim gud wetem sop evridei mo taem bodi blong yu i swet.
- Wasem ol sitbed mo pilokes oltaem, speseli taem ples i hot.



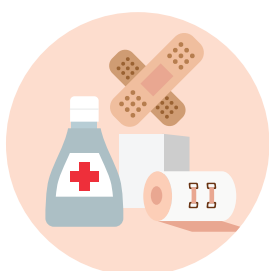
Ol Saen blong Sik

- Ol lam long skin we oli redred, oli solap mo oli soa
- Wota i kamaot long skin
- Yu filim hot o yu sik

Narafala problem blong skin

Ol kaen kil, mak mo skin we i solap long wota ('blista')

- Ol kaen kil mo mak:
 - Wasem kil o mak long wota.
 - Yusum wan antiseptic meresin (olsem Betadine, Savlon o Dettol).
 - Kavremap kil wetem wan klin plasta.
 - Go long wan dokta o hospital sapos kil blong yu i dip tumas o blad i ron i no stop.



- Ol blista:
 - No brekem ol blista.
 - Kavremap ol blista long wan plasta we hemi klin mo drae.
 - Sapos blista blong yu i brok, wasem wetem wota mo putum antiseptic long hem.



San i bonem skin ('sanben')

- Hao blong blokem san: Werem wan hat mo ol klos we i kavremap skin blong yu, mo putum sanskrin long skin we hemi SPF 50+. Stap nomo long sed (haed long san) plante.
- Tritmen blong hem: Putum wan kolkol tawel long ples we i bon, mo putum aloe vera. Drink plante wota. Go long wan dokta o hospital sapos yu bonem nogud skin blong yu, sapos yu gat ol blista o yu sik.



Insek i kakae

- Hao blong blokem: Yusum 'insect repellent' (samting we yu putum long skin blong stopem insek blong kakae), werem longfala set mo traosis.
- Tritmen blong hem: Putum wan kol-pak o aes long ples we insek i kakae. Sapos yu filim i sikras tumas, go long wan famasi blong askem wan meresin. I gat samfala meresin we taem yu tekem yu no save draevem trak o yusum masin. Go long wan dokta o hospital sapos fes o trot blong yu i solap o yu no save pulum win.



Samting i bonem skin

- Tritmen blong hem: Putum ples we i bon andanit long wan kolkol wota we i stap ron blong 20 minit o i bitim. Kavremap wetem wan klin kaliko o plasta we i no save stak long skin. No putum aes o meresin long bon ia. Go luk wan dokta sapos mak blong bon i bigwan bitim wan 20 cent koin o sapos hemi stap long fes blong yu, long han o fut blong yu, o long tabu ples.



Kasem help

Sapos yu gat eni kwestin o yu nidim help, askem long:

- ofisa blong wok helt sefti o fes eid long wokples blong yu
- PALM skim emploia blong yu
- ofisa blong welfea mo welbing long wokples blong yu
- PALM skim sapot sevis laen: **1800 51 51 31**
(yu save kolek namba ia bitwin long 8:30am kasem 6:30pm AEST)
o imelem: (palm@dewr.gov.au)
- kampani blong helt insurens blong yu.