

Hao fo kea fo skin blo iu

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Skin blo iu protektim bodi blo iu from germs and kipim iu helti.
If iu warim skin blo iu, tok lo boss blo iu or lukim docter.



Boela and skin infekson

Boela and skin infekson wat ia?

- Boela hem wanfala swelap lo skin wea luk red and hem soa.
- Boela save smol (1 cm) or big (5 cm or moa).
- Bacteria, oketa virus, fungi or parasite kosim skin infekson.



Hao fo no kasem boela and skin infekson

- Was han olwe witim soap.
- No iusim towel, razor, bar soap or kaleko blo nara man.
- Kipim towel and kaleko blo iu klin.
- Klinim and kavam eni kat lo bodi witim bandage kasem taem hem heal. If hem no heal, tok lo boss blo iu or wanfala docter.
- Iusim soap evri day taem iu shower and bihaen iu sweat.
- Kipim blanket and pillowcase klin, especially na taem weather hem hot.



Oketa saen fo lukaotem

- Hem red, swelap, and soa tumas
- Gareem nana or wata
- Feel hot or siki

Nara skin infekson

Oketa kat, garekil, and blister

- Oketa kat and garekil:
 - Klinim witim wata.
 - Iusim antiseptic (osem Betadine, Savlon or Dettol).
 - Kavam witim klin bandage.
 - Faendem nurse or docter if kat hem deep or gohed fo blood.





- Blister:
 - No bostam blister.
 - Kavam blister witim bandage wea klin and drae.
 - If wanfala blister bosta, klinim witim wata and putim antiseptic lo hem.

Sunburn

- Prevention: Werem hat, kaleko wea kavam skin and SPF 50+ sunscreen. Stei lo ples wea shade.
- Treatment: Putim cold towel and aloe vera lo hem. Drinkim staka wata. Faendem nurse or docter if sunburn nogud tumas, if iu garem blister, or if iu feel siki.

Insect bite

- Prevention: lusim insect repellent, werem long sleeve and longkui.
- Treatment: Holem cold pack/ice antap insect bite. If hem skras, go lo chemist and ask for advaes lo wanem medicine for tekem. Bae iu hard fo tekem samfala medicine and draevem or operatim machine Faendem nurse or docter if feis or throat blo iu swelap or if iu sotwin.

Sismol bone

- Treatment: Holem part wea bone anda lo wata fo 20 minute or moa. Kavam witim dressing or pis kaleko wea klin and wea no stik. No putim ice or lotion lo hem. Faendem nurse or docter if ples bone hem big winim 20-cents, or stap lo face, hand, leg or genital area.



Kasem Help

If iu garem kwestin or needim help, askem:

- work health safety or first aid officer blo iu
- PALM scheme employer blo iu
- welfare and wellbeing officer blo iu
- PALM scheme support service line: **1800 51 51 31**
(available 8:30 am - 6:30 pm AEST) or email: (palm@dewr.gov.au)
- health insurance company blo iu.