

GO TO THE DOCTOR...



... if a sore or redness
has any ONE of the
following:

Is the size of a 10c
coin or bigger

Has pus

Is getting bigger

Has red streaks
coming from it

Is not getting
better within 2
days

Is near the eye
(see a doctor
urgently)

HEALTHY SKIN

FREE 24 HOUR HEALTH ADVICE
HEALTHLINE 0800 611 116

A REGISTERED NURSE IS JUST A PHONE CALL AWAY

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts
www.ttophs.govt.nz/healthyskin

Acknowledgement: Regional Public Health Lower Hutt

LOOKING AFTER SORES



Wash and dry your hands
(20 second rule).

Use a clean cloth or paper
towel to soak and wash
the sores. Put the cloth or
paper towel in the rubbish.

Dry sores with another
clean cloth or paper towel.
Put the cloth or paper
towel in the rubbish.

Cover sores with a clean
gauze cloth or sticking
plaster . Change daily .

Wash and dry hands
again.

If you have questions or
are worried about the
sores contact your doctor
or nurse.

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