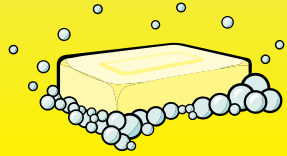


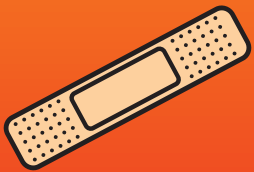
# HEALTHY SKIN



**CLEAN**  
HANDS OFTEN



**CUT**  
NAILS  
AVOID  
SCRATCHING



WASH &  
**COVER**  
SORES & CUTS



**GO TO THE DOCTOR OR NURSE  
IF YOUR SORE IS NOT GETTING BETTER**

FREE 24 HOUR HEALTH ADVICE

HEALTHLINE 0800 611 116

A REGISTERED NURSE IS JUST A PHONE CALL AWAY

Acknowledgement: Regional Public Health Lower Hutt.

Toi Te Ora  
**Public Health Service**  
BAY OF PLENTY DISTRICT HEALTH BOARD  
Serving Bay of Plenty and Lakes Districts  
[www.ttophs.govt.nz/healthyskin](http://www.ttophs.govt.nz/healthyskin)