

Treatment of cuts, bites or grazes:

- **Wash and dry** your hands with soap and water before you clean the wound.
- **Clean** any cuts, scratches or insect bites as soon as possible with tap water.
- **Cover** the wound with a strip of fabric plaster.
- **Check** the wound every day and apply a clean plaster until there is no visible ooze. **Change** the plaster if it becomes wet. If the wound does not improve within 2-3 days **OR** there are signs of infection (e.g. increased pain, visible pus, increased swelling, a fever or the child appears unwell) see your GP immediately.

Paediatrician involvement:

Repeated skin infections including abscesses and boils, maybe referred to a Paediatrician. This appointment needs to be made by your GP, Practise Nurse or Community Health Worker.

A number of treatment options will considered, in an attempt to prevent further skin infections.

Preventing recurrent skin infections

**Suggestions to help
'break the cycle of infection'**

**Paediatric Community Nursing Team
Children's Health Service**

Here are some suggestions to help 'Break the Cycle of Infection'

Skin infections are painful and distressing to your child. It is also stressful to you as a parent/ caregiver.

We hope this will help reduce repeated skin infections, in your child or other household member

Personal Hygiene: For everyone

- **Washing and drying the hands** thoroughly is the single most important step in preventing the spread of skin infections. Especially **before eating**, after any “**dirty work**” and **after using the toilet**.
- Use unperfumed soaps for sensitive skins: Rinse well before drying. Apply an emollient afterwards. Soap free gels are a good alternative for handwashing.
- A **clean, dry towel for each household member is essential** to stop cross-infection. Hot wash these 2-3 times a week, OR if they are visibly dirty.
- Change bed linen once a week: Hot wash
- **Shower/bath daily/normal soap/emulsifier for dry skin/eczema**
- An emollient is recommended for dry or eczematous skin and can markedly reduce the frequency of skin infections. Your nurse or doctor will discuss what is best for you and your family. Oilatum Plus maybe recommended for use in the bath.
- Oilatum **Plus** maybe used daily, for visible signs of skin infections.

- Once the skin has healed, using Oilatum Plus once a week, may help prevent further infections.
- **Keep finger nails short and clean.** Skin infections can start with scratching an insect bite or sore because of the germs that can live under fingernails.

Home Hygiene: Hints for killing germs that cause skin Infections

- **Wash the laundry** (sheets and towels) in a **hot wash**.
- **Dry** the clothes/ linen outside **in the sunshine**.
- **Open windows and curtains daily** to allow fresh air into the home. (Even in the winter it is important to reduce any condensation/ dampness that may build up in the home. Keep one room warm if there are young or sick children at home.
- **Clean and dry the bath or shower regularly.** Use the towel and throw into the hot wash

Preventing Infection

Eczema:

- Good skin care is essential for suffers of eczema.
- Keeping the skin moisturised removes the dry skin, where germs can live.
- Your GP/ Practise Nurse is an excellent source of information regarding eczema care.
- If you need further information regarding an eczema skin care regime ask our GP to refer you to the Nurse Eczema Clinic.