

# Stop skin infections



wash and dry your hands throughout the day  
to stop germs spreading



to stop germs spreading



wash your face and body every day  
to wash away germs



cut and clean under your finger nails  
to stop germs living under your nails



stop insect bites and skin injuries  
because bites and injuries get infected



every day clean and cover  
insect bites, cuts and sores  
to wash away germs  
and stop them spreading

## find and fix



every day check sores and cuts for signs  
of infection - are they red, warm, sore?



see a nurse or doctor if the infection is  
bigger than a ten cent coin, or you are worried



if you get medicine or cream,  
use it as instructed  
to kill the germs in the body  
after the skin has healed