PREVENT IF POSSIBLE
- Clean small scratches with iodine or alcohol swabs
- Protect sensitive or chapped skin with extra padding
- Protect skin from the elements
- Avoid over-using a sore or swollen area of your body
- Check your skin regularly

WOUND CARE
SMALL WOUNDS CAN BE BIG PROBLEMS

WOUND CARE
CARE AND MANAGEMENT


If you do not have access to wound wash or antibiotic ointment:

Wash hands. Put 1 drop of bleach in 32 oz (4 Cups) clean water and wash wound. Pat dry. Swab wound with iodine swab, do not wipe off extra iodine. Apply petroleum jelly over iodine and cover with a clean bandage. Change daily.

CONTACT US
Humboldt Area Center for Harm Reduction (HACHR)
(707) 407-6013
hachr707.info@gmail.com
www.hachr707.org
INFECTION RISKS

If ignored, small skin infections can turn into systemic or blood infections quickly and can cause serious health problems.

AVOID PICKING OR SQUEEZING

Some risks for infection are using the same IV site, using risky IV sites, not prepping the injection site well, or doing muscle or sub-Q shots instead of IV injection.

Other risks include exposure of sensitive skin to extreme cold, heat or moisture, chaffing, forgetting to do skin checks, and poor care of small cuts and wounds.

It is much easier to deal with a skin wound when it is small and not yet infected than later when it is an emergency.

<table>
<thead>
<tr>
<th>WHEN YOU NEED TO GET HELP:</th>
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</thead>
<tbody>
<tr>
<td>Non-healing after 2 weeks</td>
</tr>
<tr>
<td>Expanding redness around wound</td>
</tr>
<tr>
<td>Limb swelling</td>
</tr>
<tr>
<td>Odor from wound</td>
</tr>
<tr>
<td>Red streak from wound</td>
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<tr>
<td>Soaking through a bandage in less than 6 hours</td>
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<tr>
<td>Fever or chills</td>
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<tr>
<td>Peeing less than normal</td>
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<td>Rapid pulse or breathing</td>
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<tr>
<td>Nausea or vomiting</td>
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<tr>
<td>Diarrhea</td>
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</tbody>
</table>

HOW TO TELL IF YOUR WOUND IS INFECTED

The area AROUND your wound is:

- Shiny
- Pink and puffy
- Hot or tender to touch
- Swelling (finger leaves a lasting fingerprint: PITTED EDEMA)
- Hard and warm (INDURATION)
- RED (OUTLINE WITH PERMANENT MARKER AND MONITOR FOR INCREASE IN SIZE)

The area INSIDE your wound:

- Tunnels or tracts
- Tissue is TAN, GREY or BLACK
- Smelly, thick GREEN or YELLOW drainage
- Continuous bleeding