

## 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

## CARE AND MANAGEMENT

Wash hands. Clean wound with wound wash, pat dry with clean gauze. Apply antibiotic ointment and a clean bandage. Change daily. Elevate when possible.

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.



## WOUND CARE

SMALL WOUNDS CAN BE BIG PROBLEMS



## CONTACT US

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THE HUMBOLDT AREA CENTER FOR  
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## 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.

## WHEN YOU NEED TO GET HELP:

Non-healing after 2 weeks

Expanding redness around wound

Limb swelling

Odor from wound

Red streak from wound

Soaking through a bandage in less than 6 hours

Fever or chills

Peeing less than normal

Rapid pulse or breathing

Nausea or vomiting

Diarrhea

## 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