



YOUR SKIN



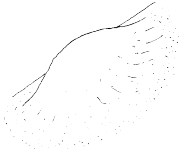
1. SKIN

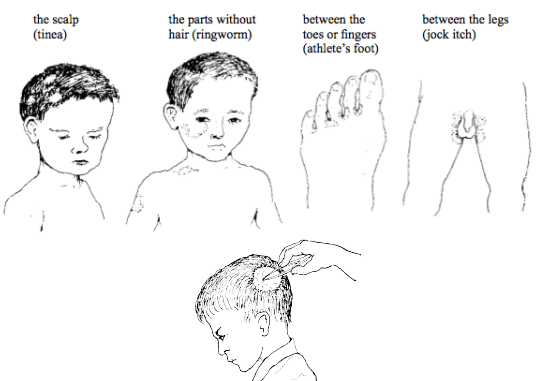
- The largest organ in your body and protects you
- There are hundreds of skin problems that can affect the skin or the entire body.

IDENTIFY & TREAT SKIN PROBLEMS

SIGNS OF INFECTION	TREATING INFECTION	
<ul style="list-style-type: none"> • Inflammation • Swelling • Pain • Feels Hot • Pus 	<ul style="list-style-type: none"> • Keep elevated • Apply hot moist cloth • If fever, antibiotic is needed 	
<ul style="list-style-type: none"> • Blisters • Crusts • Oozing • Itches • Stings • Burns 	<ul style="list-style-type: none"> • Apply cloth soaked in COLD water with vinegar (2 tbsl vinegar to 1 quart water) – one bowl water to 6 spoons vinegar • After open wound heals lightly put talc and water paste on area • After new skin grows rub vegetable lard or oil to soften skin 	
Affected skin is often exposed to sunlight	Protect skin from sunlight	
Affected skin is covered by clothes	Expose to sunlight 10-20 minutes 3 times a day.	
<p>SCABIES: Itchy little bumps all over body – most common between fingers, on wrists, around waist, on genitals, between toes. Not usually on face.</p>	<p>CLEANINESS: Treat all family members – bathe, change clothes, wash clothing, sheets, no animals inside, USE cream with lindane or permethrin OR mix sulfur with vaseline</p>	<p>usually does not appear on head and face—except in babies</p> <p>Small itchy sores on the penis and scrotum of young boys are almost always scabies.</p>



<p>LICE: Three types: head, body, pubic. Causes itching, skin infections and sometimes swollen lymph nodes</p>	<p>CLEANINESS: HEAD & BODY – scrub well with soap, rinse well, soak body in hot water every day. Shampoo hair with olive oil, soak hair in ½ warm vinegar ½ water, comb hair with fine comb to remove lice and eggs. Clean comb and rid eggs. Repeat every day for 2 weeks. DO NOT use shampoo with lindane.</p>	
<p>IMPETIGO: Bacterial infection causes rapidly spreading sores with shiny, yellow crusts. Often occurs on children's face/mouth area. Contagious, spreads through contaminated fingers.</p>	<p>CLEANINESS: Wash affected area with soap in cold water that was boiled 3-4 times per day to soak off crusts. Use antibiotic cream. If fever, antibiotic is required.</p>	
<p>BOIL - ABCESS: An infection that forms a sac of pus under skin. Can happen if root of a hair gets infected. Can come from puncture wound or injection with dirty needle. Painful, skin can become red/hot.</p>	<p>TREATMENT: USE WARM COMPRESS several times/day. Allow draining (can pierce, don't squeeze or it can spread.)</p>	

<p>FUNGAL INFECTIONS: Scalp: tinea capitis Parts without hair: ringworm Between toes/fingers: athlete's foot Between legs: jock itch</p>	<p>CLEANLINESS: Wash affected area with soap and water. Keep affected areas DRY and expose to LIGHT, AIR & SUN. Use sulfur and lard cream. It can take months to heal. Severe infections with large, swollen patches or puss: use WARM COMPRESS. Pull out hair from infected areas.</p>	
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PREVENTING SKIN INFECTIONS

<p>STAY CLEAN</p>	<ul style="list-style-type: none"> • Wash body • Wash hair • Wash clothing • Wash bedding 	
<p>CHANGE SKIN NORM</p>	<ul style="list-style-type: none"> • Moist skin should be kept dry • Dry skin should be moistened • Skin covered should be left uncovered • Skin uncovered should be covered 	

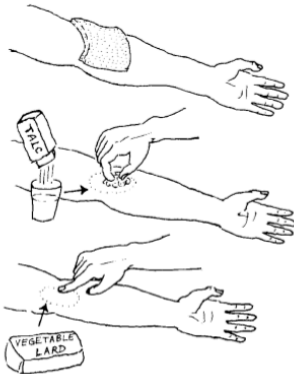


POSTER:

COLD COMPRESS

If the affected skin forms blisters or a crust, oozes, itches, stings, or burns, do the following:

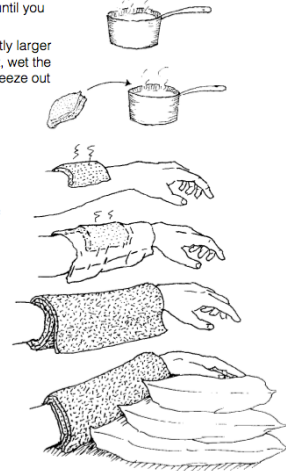
- ◆ Apply cloths soaked in cool water with white vinegar (2 tablespoons of vinegar in 1 quart of pure of boiled water).
- ◆ When the affected area feels better, no longer oozes, and has formed tender new skin, lightly spread on a mixture of talc and water (1 part talc to 1 part water).
- ◆ When healing has taken place, and the new skin begins to thicken or flake, rub on a little vegetable lard or body oil to soften it.



HOT COMPRESS

Instructions for Using Hot Compresses (Hot Soaks)

1. Boil water and allow it to cool until you can just hold your hand in it.
2. Fold a clean cloth so it is slightly larger than the area you want to treat, wet the cloth in the hot water, and squeeze out the extra water.
3. Put the cloth over the affected skin.
4. Cover the cloth with a sheet of thin plastic or cellophane.
5. Wrap it with a towel to hold in the heat.
6. Keep the affected part raised.
7. When the cloth starts to cool, put it back in the hot water and repeat.



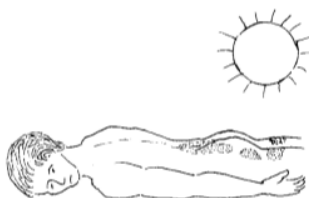
COVER EXPOSED SKIN

If the skin areas affected are on parts of the body often exposed to sunlight, protect them from the sun.



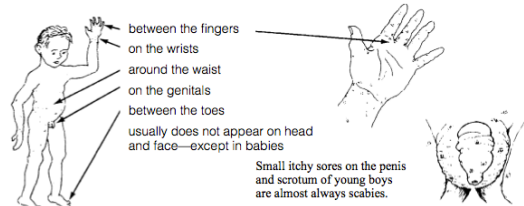
UNCOVER EXPOSED SKIN

If the skin areas most affected are usually covered by clothing, expose them to direct sunlight for 10 to 20 minutes, 2 or 3 times a day.



SCABIES

Bathe, change clothes, wash clothing, sheets, no animals inside. Mix sulfur with Vaseline and cover spots. Put clothing and bedding in hot sun to kill the bugs.



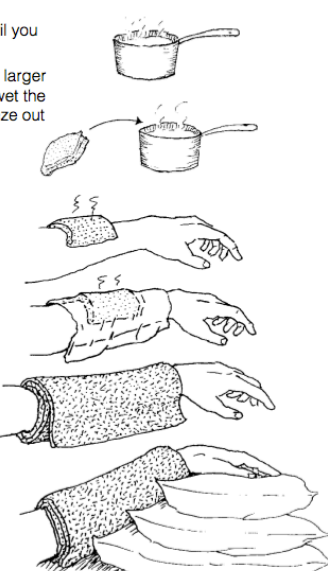
LICE

Wash body every day. Soak in hot water. Shampoo hair with olive oil, soak hair in 1/2 warm vinegar 1/2 water, comb hair with fine comb to remove lice and eggs.



PRESENTER POINTS:

<p>PRESENTATION IDEAS</p>	<ul style="list-style-type: none"> • Use poster and follow presentation
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<p>GROUP PROJECT IDEAS</p>	<ul style="list-style-type: none"> • Hand washing station • Wash sheets and clothes with them properly • Make A Compress <p>Instructions for Using Hot Compresses (Hot Soaks)</p> <ol style="list-style-type: none"> 1. Boil water and allow it to cool until you can just hold your hand in it. 2. Fold a clean cloth so it is slightly larger than the area you want to treat, wet the cloth in the hot water, and squeeze out the extra water. 3. Put the cloth over the affected skin. 4. Cover the cloth with a sheet of thin plastic or cellophane. 5. Wrap it with a towel to hold in the heat. 6. Keep the affected part raised. 7. When the cloth starts to cool, put it back in the hot water and repeat. 
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<p>GIVE - AWAY IDEAS</p>	<p>FOR PATIENTS:</p> <ul style="list-style-type: none"> • Compress • Soaps and shampoos (you might get donated from hotels) <p>FOR COMMUNITY:</p> <ul style="list-style-type: none"> • Poster • Teaching tools used in class
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BACKGROUND RESEARCH FOR PRESENTER:

CE SKIN Part II