

## If you need more help at home

You may be entitled to community health worker or nurse follow up at home, especially if:

- there is a wound that needs dressing that you cannot manage
- transport is difficult
- your child has been to hospital before for a skin infection

Please ask the nurse if you are eligible for additional support.

For further information please go to:  
[www.skininfections.co.nz](http://www.skininfections.co.nz)

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And information adapted from  
"Skin Infections" - MoH resource 1999

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## Family Information

Information for Parents  
and Caregivers about  
Serious Skin Infections



## To care for your child while they are recovering from a serious skin infection:

### Hygiene is very important

You will need to do the following for your child:

- avoid sharing towels and bedding, as infection can spread to others easily
- wash your child's linen and clothing regularly with hot water
- cut their fingernails short and keep them clean to avoid skin breaks from scratching
- encourage all family members to wash and dry hands thoroughly, and often
- examine your child's skin and wash any breaks in the skin with warm salty water
- see your GP early if redness develops
- avoid sharing bath, swimming, and cleaning water when your child has an infected wound
- shower your child instead of bathing them until they are better, if possible
- don't let your child swim in unclean water when they have an open wound.

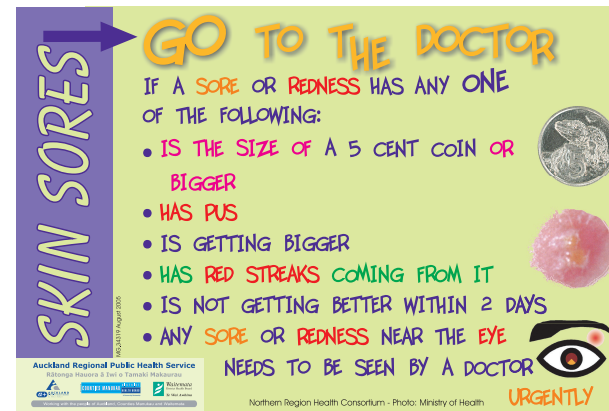
Also make sure your child

- gets plenty of sleep
- eats lots of fruit and vegetables
- washes and dries hands after the toilet and before eating

### Sores

If your child has a sore it is important to

- clean the sore with warm salty water
- cover the sore with a fabric plaster
- check the sore daily



### Insect Bites

Insect (especially mosquito) bites are a common cause of skin infections so,

- check your child regularly, to identify insect bites early, so that bites can be treated early
- if your child is scratching insect bites they can become infected and lead to a serious skin infection
- if an insect bite is red and may be infected take your child to your GP early for treatment.
- Insect bites are covered by Accident Compensation Corporation (ACC) so treatment will be at a reduced cost.

### Medication

#### Antibiotics

If your child has been given antibiotics

- Your child must complete the whole course of antibiotics
- You cannot share antibiotics with other family members, each person needs their own
- Ask the nurse if you have any concerns about medication

#### Pain relief - Paracetamol

- Ask the nurse for the correct dose of paracetamol to give your child for pain relief.

Your GP will be sent a letter about your child's hospital visit - you can follow up with them if you have any questions about treatment or medication (or ask your pharmacist).

#### Keep your child home:

- until they have regained mobility, are not in pain and are well again