EXTRA CARE FOR DIABETES

If you have diabetes:

- Check feet daily
- Wear comfortable shoes
- Small cuts can become serious







DID YOU KNOW?

You may be able to get free wound care products from the Australian Government through the Chronic Wound Consumables Scheme. Yarn with your health worker.

GETTING HELP

Your Aboriginal Health Worker is here to help you.
Yarn with your Aboriginal Health Worker at your local Aboriginal Medical Service about any skin concerns.

Culturally Safe Care
Aboriginal Medical Services understand your needs and culture. They're your first point of call for all health concerns.

Find Out More:
www.woundaware.org



HEALTHY SKIN, STRONG COMMUNITY

Looking after our skin, looking after each other



WoundsAustralia

WOUND AWARE

BE WOUND AWARE.

AHTV



WHAT IS A WOUND?

A wound is any break or damage to your skin.

Wounds can be from:

- Cuts or sores
- Accidents
- Surgery
- Related to diabetes or other health conditions

IMPORTANT:
Any wound not healing in 30 days needs special care.

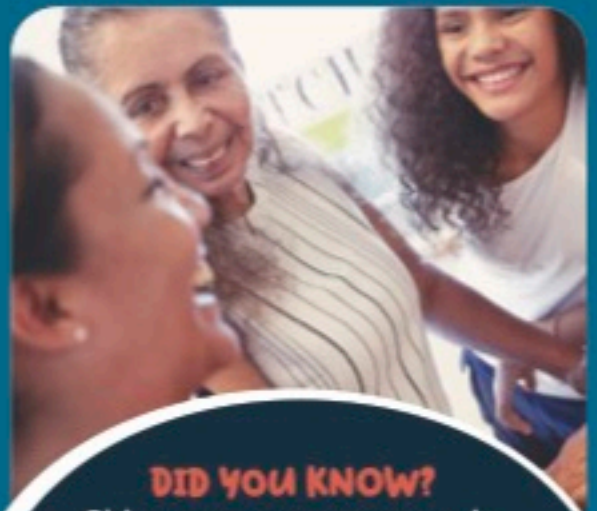
LOOKING AFTER SKIN

1. Keep Skin Clean

- Wash daily with soap and water
- Clean water can help prevent infection

2. Treat Sores Early

- Don't wait – small sores need care
- Early treatment stops big problems



DID YOU KNOW?
Skin sores are common in our communities but not normal. They can cause heart and kidney disease.



3. Check Your Skin Daily

- Look for breaks, sores, redness
- Look out for swollen legs and feet
- If you have diabetes, check feet every day

4. Get Help When:

- Wound is not healing after 30 days
- Wound is red, hot, or smelly
- Wound is thick yellow or green fluid