

# Strong Skin Story

A resource for  
community  
members

2023  
version

## Why is strong skin so important?

Skin is all over our body, so we have to keep it safe!

It protects our body and our blood.

If your skin is sick, other parts of your body can get sick too.

## Keeping my family's skin strong

Do more of this

Wash towels and belongings and then dry them in the sun.

Rub dry skin with moisturising cream.

If skin is sick, go to the clinic and talk to the healthcare worker, doctor or nurse.

Cover skin sores from dirt or scratching.

Use bush medicines.

## Germs that make your skin sick

These germs are so tiny you can't see them, but they are very harmful.

Strep germ

Scabies mite

Staph germ

Fungus

Headlice

## Skin Sores

Skin sores happen when the germs get into the skin through cuts and bites, as well as from scabies, head lice or tinea.

This is very common in children and looks like:

Yellow-brown scabbed sores



or

Sores with pus



## When skin sores look like this

It is important to take medicine straight away!

Pus



When skin sores have pus, you have to take medicine to kill the germs.

Scab



When skin sores have a scab, you have to take medicine to kill the germs.

## When skin sores look like this

Getting better, flat, dry



When skin sores are getting better they look flat and dry.

This means the germs are dead and skin sores are healing, so medicine is no longer needed.

## Medicines to kill germs

The clinic should give you a choice. You choose what is best for you and your family. The choices are:

A



Oral Septrin  
(drink or tablet  
medicine)

B



Intramuscular  
Benzathine  
penicillin G  
(BPG) (needle  
medicine)

OR

A needle in the thigh  
straight away

Morning & Night for 3 days

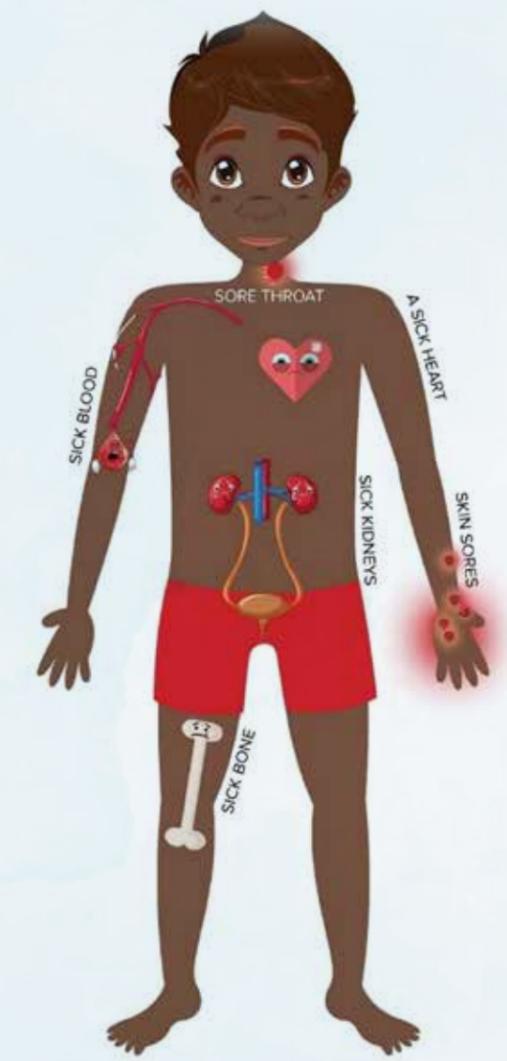
## Without medicine skin sores can hurt your body even more

Sepsis  
(sick blood)

Bone  
& Joint  
Pain

Kidney  
Disease

Rheumatic  
Heart  
Disease



## Scabies

You get scabies when the scabies mite goes under your skin and lays eggs.

You can get scabies from other people who have scabies if you touch their skin, their belongings, or the bed they sleep on.



## What do I do if I get Scabies?



Use topical permethrin 5% cream all over your body  
**Put on straight away & again in one week's time**

Rub cream on from head to foot after you have a shower.

No cream on the eyes or mouth.

Rub more cream on your hands again after you wash them.

Leave cream on overnight and then wash off in the morning.

## Medicines to kill Scabies

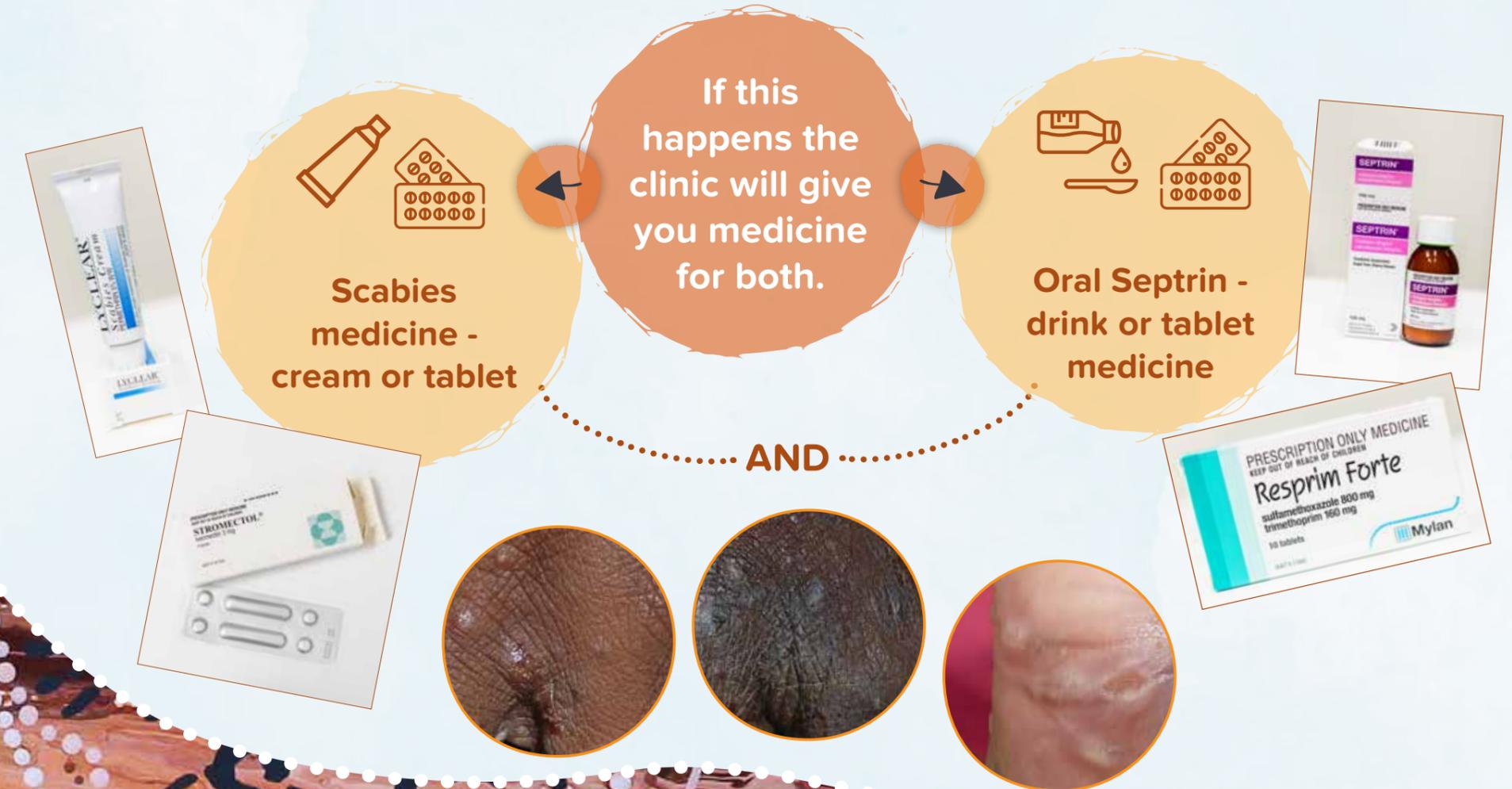


Or there is the tablet medicine that you can take now and again in one week's time.

Everyone in the house also needs to **use the cream or the tablet medicine too**, but just once for the mob in the house who don't have scabies.

## Infected Scabies

Scabies can sometimes get infected with the Strep and Staph germs.



## Boils

Boils are swollen lumps of pus. Like skin sores, they're caused by germs. They can be painful and cause fever.

You get them from close contact with other people with boils.

Without medicine, boils can lead to bad sickness.



## What do I do if I have boils?

**Don't touch it. Cover it up to stop the germs spreading.**

**Go to the clinic for medicine. They will bust the boil and give you some antibiotics.**



**Oral Septrin  
(drink or tablet  
medicine)**



 Morning &  Night for **5** days

## Headlice (nits)

Headlice are mites that live on the scalp. They make you very itchy and too much scratching can lead to skin sores.



## What do I do if I have headlice?

Use **Hedrin shampoo** that kills the headlice. Leave it in for 15 minutes and then wash out.



**OR**

Put conditioner in your hair and comb it out with a nit comb to get rid of all the headlice.

You should repeat this many times until the headlice are all gone.

To get rid of headlice in the house:

Make sure everyone in your house gets treated

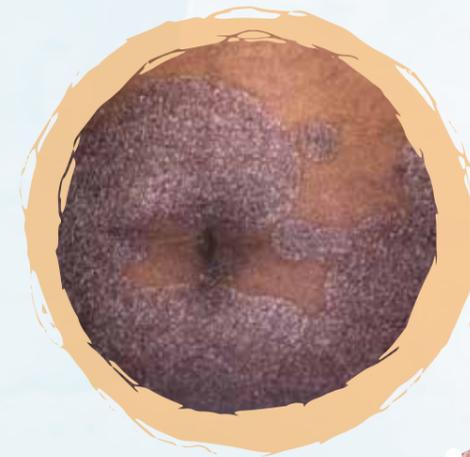
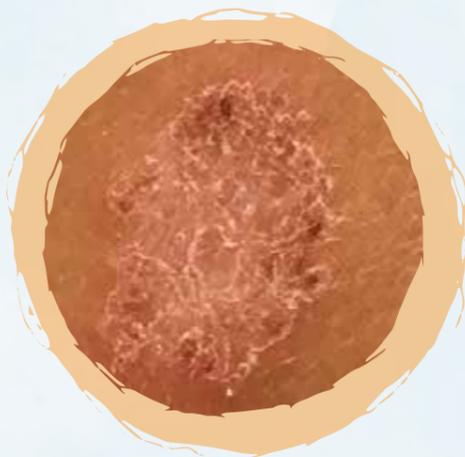
Wash bedding with hot water or put in black plastic bag in sun for a few days

## Ringworm (Tinea)

Ringworm (or tinea) is a fungal infection.  
It can affect your skin, head and nails.

You can get ringworm through close contact  
with other people and pets who have ringworm.

They make you very itchy and too much  
scratching can lead to skin sores.



## What do I do if I get ringworm?

**Go to the clinic for medicine**



For small ringworm, use  
**terbinafine 1% cream.**  
You have to put it on the  
ringworm one or twice  
a day for one or two  
weeks



For ringworm that's  
widespread over  
the body or on the  
head, you might get  
**terbinafine tablets.**

..... OR .....

## Environmental Health is also important

Strong skin needs healthy communities.

Eating good tucker.

Working together to clean up rubbish in your community.

Keeping dogs outside homes.

Wash hands with soap.

Shower everyday with soap.

Have a yarn with the environmental health team about ways to keep your community healthy!

## Let's work together for Strong Skin

## Acknowledgements

Telethon Kids Institute acknowledge Aboriginal and Torres Strait Islander people as the traditional custodians of the land and waters of Australia and are thankful for their ongoing wisdom and guidance.

The See, Treat, Prevent Skin Sores and Scabies (SToP) Trial was a research partnership project between Telethon Kids Institute, Kimberley Aboriginal Medical Services, WA Country Health Services and Nirrumbuk Environmental Health Services. The project involved nine remote WA Kimberley Aboriginal communities from 2017 to 2023, and aimed to improve the awareness, detection, and treatment of skin infections in the Kimberley to prevent the development of complex downstream diseases such as rheumatic heart disease, sepsis, and chronic kidney disease. A key feature of the SToP Trial was involvement of community voices in the research, and the co-design of health promotion resources about healthy skin.

Following extensive consultation during the early stages of the SToP Trial, this resource has been developed. It was adapted from Keeping Skin Healthy: A Handbook for Community Care Workers, which was developed by our team in 2018 in partnership with Pilbara communities. Community members from SToP Trial communities have

also worked with the trial team to co-develop tailored versions of this book which include local language and artwork. We encourage other users to consider similarly tailoring the delivery of the contained messages to suit their local context.

**Artwork:** Luke Riches (Ardyaloon community) painted *Gathering Circles* (2020; cover art) to tell the SToP Trial story. The circles represent the nine communities participating in the SToP Trial. In Riches' words "The circles vary in colour and composition, just as the communities hold their own unique identities. The backdrop of pindan orange and coastal blues convey the land and sea setting that makes the Kimberley so beautiful. The dot painted trails show a connection between the communities, of both foot trails and song lines that unite the people".

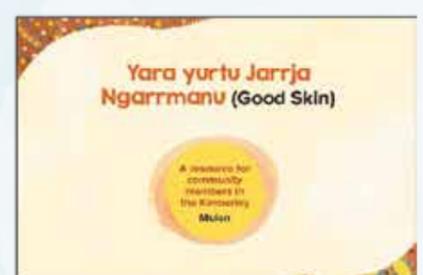
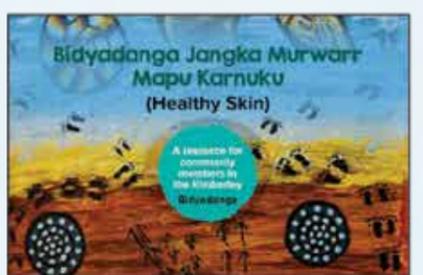
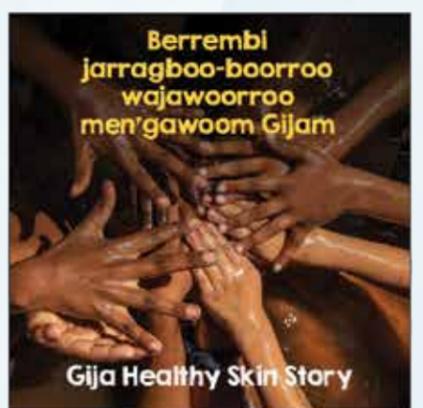
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This resource aligns with the *National Healthy Skin Guidelines (2023)* and was funded by Healthway.



## Other Health Promotion Resources

To access more community-driven healthy skin promotion resources, please see the Telethon Kids website



SCAN HERE

## Other Health Promotion Resources



Merredin "Gotta Keep It Strong"



SCAN HERE

Hip Hop 2 StOp



SCAN HERE

Moorditj Skin Means Moorditj Health



SCAN HERE



