

# **Gorna Bardoon** **(Healthy Skin)**

**A resource for  
community  
members in the  
Kimberley**

**Bardi Language comes from the northern  
kinship language groups on the Dampier  
Peninsula and is used in this booklet.**

## Background

This “Healthy Skin” resource aligns with the “National Healthy Skin Guidelines 2018” and has been adapted from the “Keeping Skin Healthy: A Handbook for Community Care Workers” in the Pilbara, January 2019.

This Gorna Bardoona resource has been co-designed by Aggie Pigram and Tracy McRae from the See, Treat, Prevent (SToP) Trial research team with guidance from Janella Isaac, Community Navigator for Woombooriny Amboon Angarriya Partnership Initiative (WAAPI).

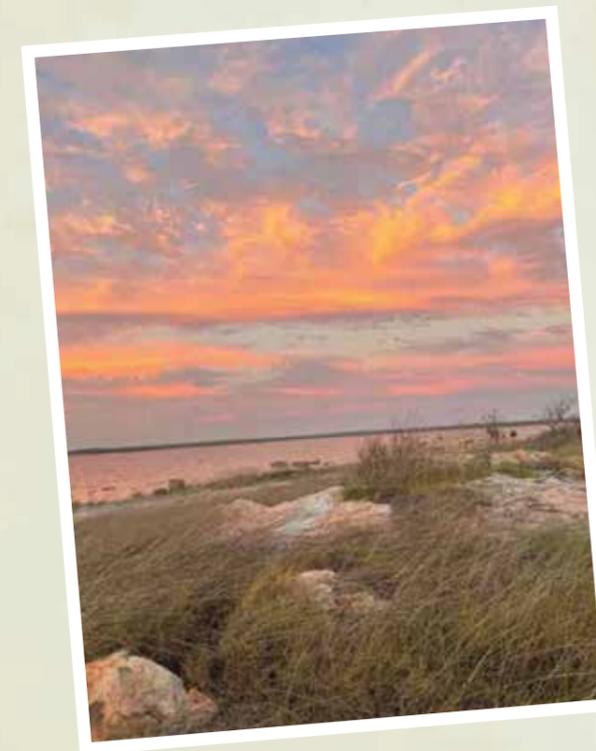
Aggie was first engaged as a WAAPI Community Navigator. This appointment facilitated an ‘on-the-ground’ approach to networking and collaboration, resulting in Aggie’s involvement in the SToP Trial.

Using a family representatives’ direct approach among their kinship groups across the Dampier Peninsula, Community Navigators played a key role in collaborating with the SToP Trial. This approach also led to greater community engagement and education around keeping skin healthy through the HipHop2StoP music video.

With guidance from Alma Ejai and Violet Carter, Aggie and Janella translated Bardi key words used within the context of this booklet.



## Photos



**These photos were taken by Tracy McRae at Cygnet Bay during field trips in 2021.**



**Bardoona**

Skin

Translation

**Gorna**

Good  
or Healthy

**Irr Jirra  
Bardoona**

Their Skin

Translation



**Ambooriny**

People or Family

**Ngay Jana  
Bardoona**

My Skin

**Laalga**

Dry

## Why is Bardoon (skin) so important?

**Bardoon (skin)** is all over our body, so we have to keep it **gorna (healthy)**!

It protects our body, and our blood.

If your **bardoon (skin)** is sick, other parts of your body can get sick too.

## Keeping Ngay Jana Bardoon and Ambooriny Bardoon Gorna (Keeping skin healthy)

### Do more of this

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

Rub **bardoon (skin)** with moisturising cream.

Cover skin sores from dirt or scratching.

Use bush medicines.

If **bardoon (skin)** is sick go to the clinic and talk to the Healthcare Worker, Doctor or Nurse.

## Germs that make your Bardoon (skin) sick

Strep Germs

Scabies Mite

Staph Germs

Fungus

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

## Scabies

You get scabies when the scabies mite goes under your **bardoon (skin)** and lays eggs.

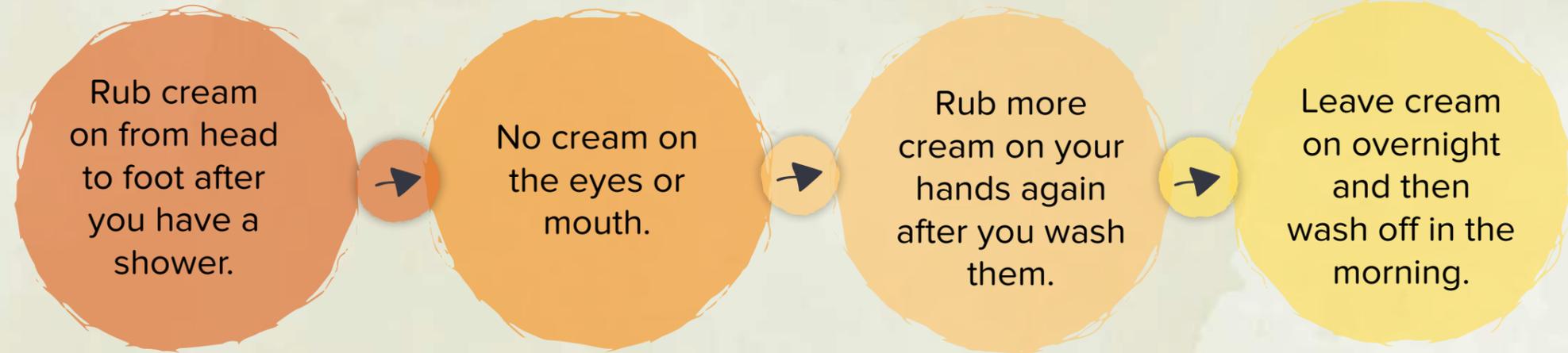
You can get scabies from other people who have scabies if you touch their **bardoon (skin)**, their belongings, or the bed they sleep on.





## 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**



**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.

Scabies can sometimes get infected with the strep germs and staph germs.



Cream for scabies (or the tablet)

If this happens the clinic will give you medicine for both.



Oral Septrin – drink medicine (or tablets)



## Bardoon (skin) sores

**Bardoon (skin)** sores happen when the germs get into the **bardoon (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 Bardoon (skin) sores look like this

It is important to take medicine straight away!

Pus



When **bardoon (skin) sores** have pus, you have to take medicine to kill germs.

Scab



When **bardoon (skin) sores** have a scab – you have to take medicine to kill the germs.

Getting better, flat & dry



When **bardoon (skin) sores** are getting better they look flat and dry.

This means the germs are dead and **bardoon (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 medicine)

 Morning &  Night for 3 days

B



Intramuscular  
Benzathine  
penicillin G  
(BPG)

A needle in the thigh straight away

OR

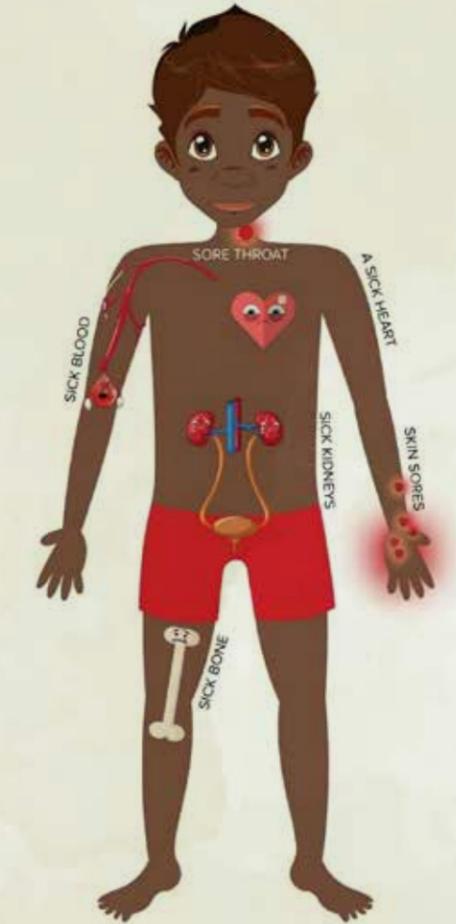
## Without medicine Bardoorn (skin) skin sores can hurt more

Sepsis =  
sick blood

Bone  
& Joint  
Pain

Kidney  
Disease

Rheumatic  
Heart  
Disease



# HipHop2Stop

Healthy skin music song with lyrics written by children from Beagle Bay, Djarindjin, Ardyaloon and Lombadina in September 2020.

## Verse 1

Everyday, learn how to shower  
Recharge your power  
Smell like a flower  
Make sure that you use soap  
To make sure that your skin can cope  
Make sure you blow your nose  
Gotta clean your toes  
Gotta wash your clothes  
Go with me bro  
You catch my flow  
Wash your bedding and pillows  
Make you think when you make a fire  
At the sink we got hand sanitiser  
Keep it clean

And make your brain wiser  
Brush your teeth to make them look nicer  
Cooking up the fishes  
Make it delicious  
Better make sure that we wash the dishes  
It's our tradition to be nutritious  
To be healthy is our mission

## Chorus

Gubinge, Mardood, Vitamin C  
Gotta get some sun for the vitamin D  
No more skin sores for you or me  
Healthy skin is the way to be

## Verse 2

Wash your hands and protect the land  
Every woman and every man  
When you sneeze gotta cover your face  
When big mob together, give me some space  
Gotta win the race to protect the place  
Protect the water remove the waste  
Son's and daughter's last embrace  
No more rubbish, clean up with haste  
Pick up the pace, don't be absurd  
Living with pets will give you ringworm  
When it gets dusty it's hard to breath  
You get sore eyes and it's hard to see  
Put on your glasses and wear your mask  
Keep it clean to make it last  
Chill in the shade or go out swimming  
If you wanna stay cool where you're living



<https://www.youtube.com/watch?v=7eLLO9EuOil>

Keep your Liyarn strong  
Hope you enjoy our song  
Let's work together  
for Gorna Bardoona (skin)



## Environmental Health is also important

Safe **bardoon (skin)** needs healthy communities.

Eating good  
tucker.

Working  
together to  
clean up  
rubbish in your  
community.

And keeping  
dogs outside  
homes.

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

## Let's work together for Gorna Bardoon

## Acknowledgements

The See, Treat & Prevent (SToP) Trial research team would like to acknowledge the traditional owners of the Bardi Jawi Country where this resource has been developed. Underpinned by Community's guidance to embed language, art, culture, and stories, whilst on country into health promotion resources, the SToP team worked alongside Aggie Pigram with support from Janella Isaac to develop this resource.

The SToP Trial is a partnership project with Kimberley Aboriginal Medical Services, WA Country Health Services, Nirrumbuk Environmental Health, and Telethon Kids Institute.

McRae T, Pigram A, Isaac J, Thomas H, Coffin J, Walker R, Carapetis J, Bowen AC. *Gorna Bardoon* (Good Skin), Telethon Kids Institute, Perth, 2022



