



**CLEAN**

hands often

**CUT**

fingernails often

**COVER**

sores with a plaster

*Regional Public Health*  
Better Health For The Greater Wellington Region



Based on original by ARPHS &  
Kidz First Children's Hospital

## Looking After Sores

1. Wash and dry your hands (20 second rule).
2. Put a cup of warm water and 1/2 teaspoon of salt in a basin. Use a clean cloth (or paper towel) to soak & wash the sores. Put the cloth in the rubbish.
3. Dry sores with another clean cloth. Put the cloth in the rubbish.
4. Cover the sores with a clean gauze cloth or sticking plaster.
5. Wash hands again and dry them really well.

***If you have any questions or are worried about the sores contact your public health nurse or doctor.***