

Skin sores

(impetigo)

What is it?

Skin sores (also known as ‘school sores’) are a skin infection caused by bacteria. They often start with a blister or bump, that develops a scab and sometimes there will be pus. Skin sores are contagious and can spread to other people through skin-to-skin contact or through sharing beds, clothes and towels. If not treated, skin sores can cause other problems like bone and joint infections, and sometimes blood poisoning. They can also lead to long-term kidney and heart problems.



How do we treat it?

Skin sores are treated with an antibiotic. **Today you have been prescribed:**

- ✗ Avoid scratching skin sores.
- ✓ It may help to keep them covered with a bandaid.

How do we prevent it?

- ✓ Check your child’s arms and legs regularly for school sores.
- ✓ See your doctor early for treatment.
- ✓ Get treatment for any itchy skin condition you may have (like eczema, ringworm, head lice and scabies), because this will make you more likely to get skin sores.

How can we stop it from spreading?

- ✓ Wash your hands with soap and water if they are dirty.
- ✓ Keep your fingernails short and clean.
- ✓ Have a shower or a bath every day.
- ✓ Wash your towels, clothes and bedding regularly and dry in the sun.

Your skin care plan:

Want more information?

dermnetnz.org
dermcoll.edu.au/a-to-z-of-skin

This factsheet was developed as part of the
Koolungar Moorditj Healthy Skin Project.