

A close-up photograph showing a person's hands applying a white adhesive bandage to a child's arm. The child is wearing a grey t-shirt. The background is slightly blurred, showing a wooden cabinet.

Tips for school sores

If you suspect that your child might have school sores (impetigo), it's a good idea to have them assessed by a medical professional to make sure.

A medical professional will be able to advise whether or not your child should be kept home to stop the infection spreading to other children, and when they can return to kinder-garten, day care or school.

Symptoms of impetigo

- A rash that may be blister-like and red, with a honey-coloured crust.
- Often, the outer edges of the rash are quite distinct.
- The rash is usually itchy and can be painful.

Treating the sores

To treat impetigo, check and clean the sores every day. Gently wash the sores with warm water and a soft, wet cloth. Do this for about 20–30 minutes or until the hard crust comes off and any blood and pus is cleaned away.

Gently pat dry the area, then apply a thin layer of Crystaderm to the sores before covering with a water tight dressing. Continue treatment until all the sores are healed. Crystaderm can be applied up to three times daily, for up 21 days.

Helpful tips

- Wash your hands with soap and dry them thoroughly before and after touching the rash.
- Try not to let your child scratch at the sores.
- Cut your child's fingernails so that if they do scratch, less damage will be done.
- Wash your child's hands regularly to stop the infection spreading to other areas.

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