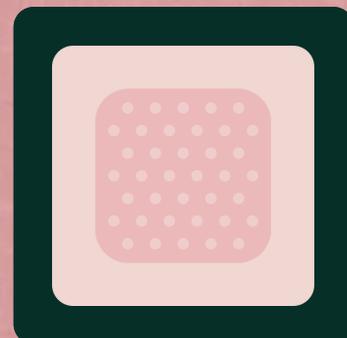


Worried about an injecting wound?

Talk to a harm reduction or medical staff member

HOW DO I LOOK AFTER MY WOUNDS?

- ✓ Wash hands before changing dressings.
- ✓ Cover wounds using a simple dressing.
- ✓ Avoid touching or picking wounds.
- ✓ Free dressings are available from your local pharmacy.



If you think the wound is getting worse, draw around the wound and watch for spreading redness. If the redness gets bigger or you are worried, seek advice from harm reduction or medical staff.

DOES MY WOUND SHOW ANY SIGNS OF INFECTION?

- | | |
|--|---|
| <input type="checkbox"/> Heat, redness or swelling that is getting worse | <input type="checkbox"/> Wound is getting more yellow, green or black |
| <input type="checkbox"/> More wet | <input type="checkbox"/> Bigger or deeper |
| <input type="checkbox"/> More painful | <input type="checkbox"/> Bad smell |

If you have any signs of infection which are not getting better, and you feel unwell, talk to a harm reduction or medical staff member.



For urgent support call 111