

## A Guide to Wound Care

Wounds can get worse quickly and can lead to dangerous infections in your blood. **If you have one, ask the Mesa Mobile Outreach Team or a trusted healthcare provider to have a look - no matter how small the wound may seem.** They can help you take care of it or assess when you need to seek medical help.



**Get medical care if your wound has any of the S.T.O.P Signs!**

### S Size, Shape, or Streaks

- Gets bigger (trace the outside of the red area with a permanent marker to track )
- Swollen (puffy)
- Edges are red or bleeding
- Red streaks (painful red lines coming from wound )

### T Temperature

- Feels warm or hot to the touch
- You have a fever (your forehead or cheeks feel hot)

### O Odour

- Smells bad or different

### P Pain or Pus

- Starts hurting more
- Liquid or green/yellow pus

# What causes a wound?

A wound or infection can happen when bacteria get into your body through a break in the skin. Bacteria can be on your skin, in your mouth, in used harm reduction supplies, or in your substances. Ask the **Mesa Mobile Outreach Team** for clean supplies!

## Tips to help you take care of your wound:



Always wash your hands with soap and water before and after you take care of your wound.



Keep your wound clean and covered with a clean bandage or cloth.



Don't use alcohol (swabs or liquid) or hydrogen peroxide to clean your wound. Use water instead!



Avoid picking at it, injecting into it, or draining an abscess yourself.

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Looking to connect with the Mesa Mobile Outreach Team? Call 1-877-819-4181 (toll-free!)

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