

PROTECTING YOUR SKIN IS GOOD FOR YOUR HEALTH!

Your skin plays an essential role by acting as a barrier that protects your body. Skin damaged by a wound, whether it is minor or deep, may allow bacteria to enter and cause an infection.

Your skin might become damaged if:

- You remain in a seated or lying position for a prolonged period without moving.
- You have thinner or more fragile skin due to aging or certain medical treatments.
- You are taking medications that weaken the immune system or that contain cortisone.
- You experience a loss of sensation or have problems with blood circulation (e.g., diabetes or vascular disease).
- You sweat profusely or your skin is often moist.
- You experience incontinence.
- You have wounds on your legs or feet before.
- Medical equipment is in contact with your skin (e.g.: dressings, tubes, orthoses, nasal oxygen tube, or an intravenous catheter).
- You drink less than 1.5 litres of water daily.
- You have experienced involuntary weight loss within the past 6 months.
- You eat less than usual.



When in doubt, speak to your care team.

HOW TO TAKE CARE OF YOUR SKIN



- Observe your skin daily.
 - Pay attention to redness, wounds, irritation, and dry areas or patches.
 - Ask a loved one for help, if needed.
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- Wash with a mild, fragrance-free soap.
 - Dry your skin, including any creases, by gently pressing with a towel.
 - Apply fragrance-free moisturizing cream daily.
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- Adopt a healthy, balanced diet in accordance with Canada's Food Guide.
 - Drink plenty of water, at least 1.5 litres daily or as recommended by your care team.
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- Protect yourself from the sun's UVA and UVB rays by applying a sunscreen with a sun protection factor (SPF) of 30 or greater.
 - Wear long clothing, a hat, and sunglasses.
 - Use appropriate protective equipment when engaging in activities that pose a risk of falls or injury (e.g., helmet, knee pads, elbow pads).
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- Change your clothes if they become damp or dirty.

