How to Change a Bandage
(Wound Kit #1)

1. Wash hands well with soap & water.
   - Dry your hands.
   - Use a towelette if soap & water are not available.

2. Put on disposable gloves.

3. Remove the old bandage.

4. Clean the skin around the wound with soap & water (or a clean towelette).
   - May apply Triple Antibiotic Ointment.
   - Take off gloves.
   - Place bandage, towelette, ointment package, and gloves in plastic bag.

5. Wash hands well with soap & water.
   - Dry your hands.
   - Use a towelette if soap & water are not available.

6. Put on disposable gloves.

7. Apply new bandage.
   - If you have a leaking sore, put extra bandages over it to keep the drainage from leaking through.
   - Wrap the bandage with cling wrap. Be sure it's not too tight!

8. Take off second pair of gloves and put them in the plastic bag.
   - Seal or tie up the bag and throw it away in your regular trash.

9. Wash hands well with soap & water.
   - Dry your hands.
   - Use hand sanitizer if soap & water are not available.

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ANTIBIOTIC RESISTANCE Task Force
Important Information

- Drainage from open wounds can spread infections to others

- Keep wounds covered with clean, dry bandages

- Go to a healthcare provider for treatment and/or you are not getting better

- Go to an emergency room right away if:
  - You have a high fever
  - The infection is spreading fast or you notice red streaks
  - You have chest pain

- The best thing you can do to prevent infection is to wash your hands often

Showering with a Skin Infection

Before entering the shower

- Cover bandage with a plastic bag (grocery bag OK) or other water-proof covering and tape

- Tape all outside edges of plastic covering

- Tape top edge of plastic with 2 pieces of tape, one applied after the other, with the second piece covering the top most edge of the first piece

After Showering

- Dispose of used plastic covering, and tape in sealed or tied, plastic bag

- Throw plastic bag in regular trash