

## What to do if you cut, tear or graze your skin.

- 1 Stop the bleeding.  
Apply pressure using a clean material pad.



- 2 Wash your hands.
- 3 Gently remove the pad and briefly run under warm water.



- 4 Pat the area dry with sterile gauze.
- 5 If there is a skin flap, try and roll it back onto the wound.



- 6 Cover the wound with a non-stick dressing.  
Avoid using tape on the skin.



Seek medical advice from a healthcare professional such as a wound-care nurse, if you have:

- bleeding that doesn't stop
- signs of infection, such as fever, chills, aches, foul-smelling drainage, pus, or worsening pain
- a large and/or full thickness tear