

Protect Your Skin!

Keep skin clean and dry.

Moisturize dry skin.

Eat a well balanced diet.

Drink plenty of fluids.

Get plenty of rest.

Be as active as possible.

Ask for help to get you from the bed to your chair or toilet.

Tell your caregivers if you are wet or have had an accident so they can help keep you clean and dry.

Protect your bony areas.

Keep your heels off the bed surface.

Your caregivers will help you prevent pressure ulcers while you are in a health care setting by:

- √ Inspecting your skin everyday for redness or signs that sores may be forming.
- √ Keeping your skin clean & dry.
- √ Moisturizing your skin.
- √ Reminding you to move and increase your activity.
- √ Changing your position in bed or chair every 1 to 2 hours if you are not able to move yourself without help.
- √ Protecting your bony areas with pillows.

- √ Keeping your heels off the bed surface with pillows placed under your calves.
- √ Helping you to get from the bed to the chair or toilet.
- √ Using briefs and protective cream to protect your skin from urine or stool.
- √ Helping you get a well balanced diet and adequate fluids.
- √ Informing your doctor if signs of skin breakdown are noticed.

You and your family can help prevent pressure ulcers: ask your caregiver how!



What is a Pressure Ulcer?

Damage to the skin caused by pressure.

It is often called a bed sore.

It forms when your skin is pressed between one of your bones and another surface (like a chair or bed).

It usually occurs on the buttocks, heels, hips, elbows and shoulders.

You and your family can help prevent pressure ulcers: ask your caregiver how!

Where do Pressure Ulcers Begin?

- Tail bone
- Hip bones
- Heels
- Ankles
- Elbows
- Spine
- Back of head
- Ears
- **Anywhere**



Brought to you by the Continuum of Care
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Have you loved your skin today?



**A Guide to
Understanding and
Preventing Pressure
Ulcers**