

Health Matters in McKinlay Shire

Friday Jan 31st 2020

Hi Everyone!

I hope you've all started off the new year happy and healthy! Nice to have a bit of rain around, but as usual, take care out there! **If it's flooded forget it!**

With that bit of water on the ground at the moment, I thought it might also be timely to remind you to try and keep cuts and sores covered when you're out and about in the mud.

Any break in your skin means you're at risk of getting an infection, and any kind of infection can cause SEPSIS, which can be life-threatening. With that in mind, please keep wounds as clean as possible, and inspect them regularly for signs of pus, pain, increased swelling and redness. You might also notice the area around the wound becomes warm/hot to touch. Don't leave it too long to see your GP, visit your closest Emergency Department, or call the Flying Doctor for advice. For more information on SEPSIS, go to www.health.qld.gov.au/news-events/news/what-is-sepsis-septicaemia-blood-poisoning-septic-shock

Did you know you can get qualified health advice 24/7 for the cost of a local call?

Phone: 13 HEALTH (13 432584)

If you've got a health / wellness question you'd like answered, or if you think there's something health-related the community needs to know about, please get in touch and I will do my best to address it.

Yours in good health,

Nicole Morris

A note from the Community Nurse (e) communitynurse@mckinlay.qld.gov.au (m)0447 773 151