

Looking after yourself and others:

- ⇒ Wash your hands regularly, especially after touching your boil
- ⇒ Don't share personal items like a towel or razors if you have a boil as the germs could spread to others and don't share a bath
- ⇒ Keep any skin cuts clean and protected; you may place a clean dressing over the boil to protect it
- ⇒ Make sure you wash your clothes, bedding (sheets and blankets), towels etc. in HOT WATER to kill the germs and help stop the infection from spreading
- ⇒ Having a healthy nutritious diet



PORT LINCOLN ABORIGINAL HEALTH SERVICE INC

19A Oxford Terrace
PO Box 1583
Port Lincoln South Australia 5606

Phone: 08 8683 0162

Fax: 08 86830126

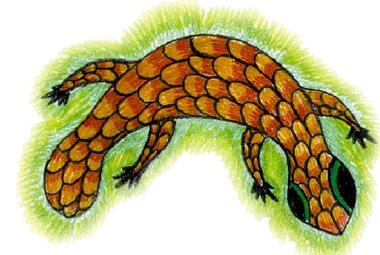
E-mail: reception@plahs.org.au

Website: www.plahs.org.au

www.facebook.com/plahs.org.au
@_plahs_

this pamphlet was updated 7th April 2021

Accredited by Quality Practice
Accreditation Pty Ltd
Certificate No: QPA24-9422



PORT LINCOLN ABORIGINAL HEALTH SERVICE INC

'Helping our people to continually improve their health status'

BOILS

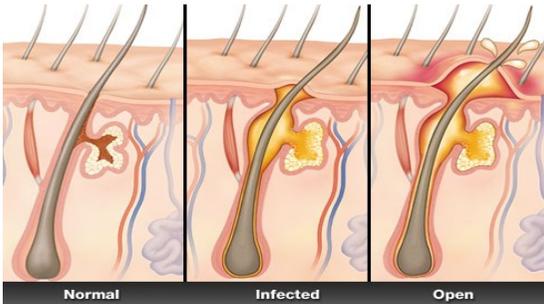


WHAT ARE BOILS?

Boils are red painful lumps in your skin. They can occur anywhere, but most often in hairy areas that sweat or rub, such as your face, neck, armpits, thighs and buttocks.

Boils result from infected hair follicles.

One infected hair follicle is a *furuncle*, and a group of infected follicles joined together is a *carbuncle*.



SYMPTOMS INCLUDE:

- ⇒ A red lump with a white or yellow centre
- ⇒ Pain
- ⇒ Feeling unwell and having fevers, particularly with a large boil

LOOKING AFTER BOILS

Most times boils will go away by themselves, or they 'burst' and all the pus comes out and they get better because your own antibodies fight the infection.

CAUSES & RISK FACTORS

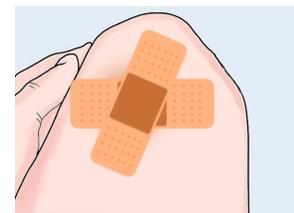
You can also be at risk of getting boils if you have an unhealthy diet, eating too much junk foods and Anaemia (low iron).

Boils are usually caused by infection with the bacteria *Staphylococcus aureus*

This bacteria usually lives on your skin without causing harm, but can infect hair follicles if the skin is broken. The infection can spread to other parts of your body, or to other people.

BOILS TREATMENT

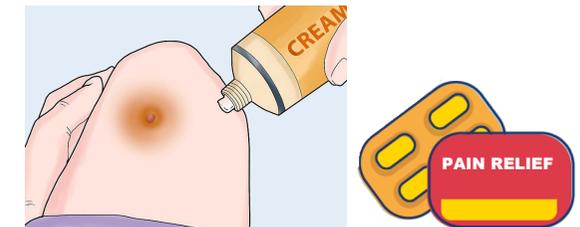
- ⇒ Keep boils clean and covered
- ⇒ Never squeeze the boil, as the germs could spread into healthy skin, or into your blood and make you ill
- ⇒ Some boils need to be treated by a doctor to help drain pus and you may need antibiotics



BOILS USUALLY HURT, SO THESE IDEAS MAY HELP:

- ⇒ On a small boil, use a warm compress on the boil to make it feel less painful
- ⇒ You can use thick pastes or ointments from the chemist/pharmacy to make the boil come to a head (a point) and draw out the pus. These seem to help for some people.
- ⇒ Take pain relief like paracetamol if it is very painful at night and you can't sleep

Do not put anything on the boil that is too hot, or you may burn your skin and it will hurt more



WHAT TO DO IF THE PUS COMES OUT OF THE BOIL:

Clean the area with antiseptic or soapy water and then cover as the pus will have germs in it which can spread the infection to other people.