

The advice below can help reduce the spread of impetigo to other areas of the body and to other people.

- Wash hands with liquid soap and water.
- Keep fingernails short and smooth.
- Take a daily bath or shower using liquid soap or antiseptic body wash.
- Remove crusts gently and do not pick them.
- Soften crusts with paw paw ointment or Vaseline to help with their removal.
- Cover the infected area with a dressing.
- Wash clothes, sheets and towels in hot water where possible and dry in the sun.
- Change clothes daily and do not share them.
- Change towels after each use and do not share them.
- Change sheets at least weekly and do not share them.
- Swimming can be helpful.

Doctor's contact details: