

SAFETY TIPS

Escape Scrape Sorrows

(NAPSA)—Knowing how to handle chafing, blisters, scrapes and scratches can keep them from causing irritation, scarring or infection. Here are some suggestions:

- **Do Start Right.** Wash hands first, then press firmly with a clean cloth to stop bleeding. Remove dirt or debris, either by gently running cool water over the area or, if necessary, with tweezers.

- **Don't Blow It.** While it may be instinctive to “blow” on a boo-boo, this can spread germs.



To prevent blisters, apply a light ointment layer to areas that tend to chafe to reduce friction and knock out irritation before it starts.

- **Don't Use Alcohol.** Not only will it hurt, it can also slow healing.

- **Do Help Skin Heal.** Keep the wound clean and try a protective barrier that lets skin breathe. For example, Aquaphor Healing Ointment creates a moist, breathable barrier to help protect raw, exposed skin. It can speed healing and minimize scarring.

You can find more tips when you visit www.eucerinUS.com.