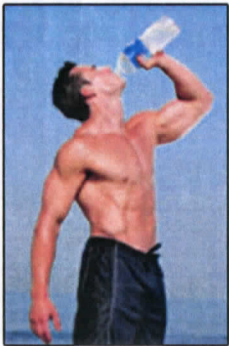


MAINTAIN A HEALTHY DIET
WEAR A HAT, T-SHIRT,
AND SUNGLASSES



DRINK PLENTY OF FLUIDS



PROTECT YOURSELF FROM UV RAYS



Advised by:

Dr. P.A.D. Coonghe
Department of community
and family medicine.
Faculty of Medicine.

Assisted by:

B.G.S. Madushanka
2010/FM/67
4th year Medical student
Faculty of Medicine.



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ARE YOU
AWARE OF
YOUR SKIN

YOUR SKIN.
THE MOST IMPORTANT
OF YOUR LIFE.

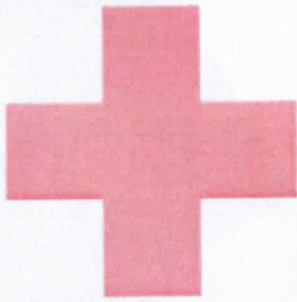
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WHAT ARE THE COMMON SKIN PROBLEMS AMONG YOU?

IMPLES
BAD ODOUR
ACNE
DERMATITIS
ECZEMA

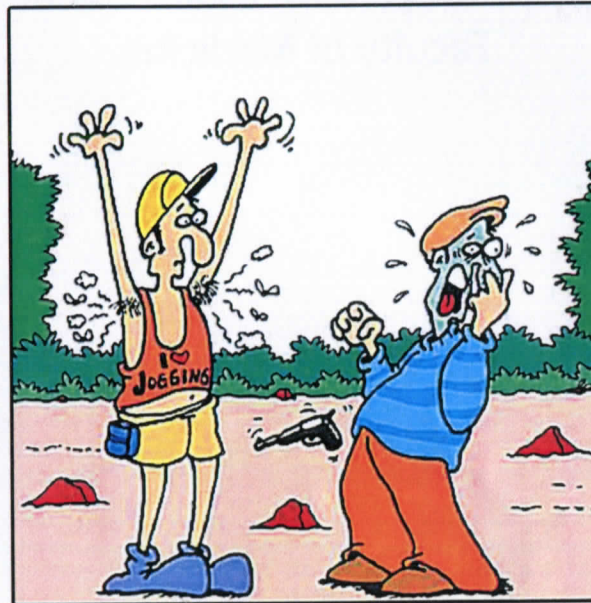


WHAT ARE THE CAUSES?

HOT CLIMATE
LIVING IN ENDEMIC AREAS
EXCESSIVE SWEATING
CONTINUOUS WEARING SHOES
& TIGHT DRESSES
USING UNDERWEARS AND SOCKS
WITHOUT WASHING
NOT PROPER HAND WASHING
POOR SKIN HYGIENE
UNAWARENESS ABOUT SKIN DISEASES

THESE SKIN PROBLEMS CAN AFFECT YOUR LIFE, BUT HOW?

- BAD BODY ODOUR
- COSMETICS PROBLEMS
- SECONDARY INFECTIONS
- CHRONIC ULCERS
- LOSS OF SKIN
- SKIN CANCERS



IF YOU DONOT CARE ABOUT YOUR SKIN,
YOU WILL END UP WITH LOSS OF
THE QUALITY OF YOUR LIFE



SKIN CARE TIPS

- BATH OR SHOWER REGULARLY USING SOAP, DO NOT SCRUB VIOLENTLY.



- IF POSSIBLE, BATHE OR SHOWER AFTER EXERCISE – ESPECIALLY AFTER SWEATING
- FREQUENT HAND WASHING



- WEAR CLEAN CLOTHES(SPECIALY UNDERWEARS AND SOCKS)

