

TIPS FOR MAINTAINING CARE

- Do not clean the area with alcohol pads
- Do not inject at, or near, the wound
- Change abscess bandage once a day or more, if needed
- Wash cellulitis once a day
- Rinse the wound with clean water
- Keep the wound dry
- Apply a thin layer of triple antibiotic ointment
- Manage chronic conditions by taking prescribed medications
- Smoke fewer cigarettes
- Eat well
- Stay hydrated

Best: Wash hands with soap and water then put on clean exam gloves before cleaning the wound.

OK: Hand sanitizing wipes for hands, sterile water tube for wound.

Do not use: Alcohol pads for wound area. Try not to touch the wound area with anything that is not clean.

URGENT MEDICAL CENTERS

Shasta Regional Medical Center

1100 Butte St., Redding
(530) 244-5400

Mercy Medical Center

2175 Rosaline Ave., Redding
(530) 225-6000



HEALTH CLINICS

Shasta Community Health Center (SCHC)

1035 Placer St., Redding
(530) 246-5710

Enterprise Family Health & Vision Center

3270 Churn Creek Road, Redding
(530) 229-5000

Anderson Family Health & Dental Center

2965 East St., Anderson
(530) 378-0486

Shasta Lake Family Health and Dental Center

4215 Front St., Shasta Lake City
(530) 276-9168

Shasta Community Health Center Health Outreach for People Everywhere (HOPE Van)

HOPE Message Phone: (530) 246-5765
SCHC Main Line: (530) 246-5710

Monday–Friday, 8 a.m.–3 p.m. at each location:

- **Monday and Wednesday:**
Empire Recovery Center
1237 California St., Redding
- **Tuesday:** Salvation Army
2691 Larkspur Lane, Redding
- **Thursday:** Good News Rescue Mission
(inside clinic, no van)
3100 South Market St., Redding
- **Friday:** Shasta County HHSA Social Services
2460 Breslauer Way, Redding



BASIC WOUND CARE

SYRINGE SERVICES PROGRAM (SSP)

(530) 225-5591

Mondays and Thursdays 12–4 p.m.

Shasta County Public Health
2650 Breslauer Way, Redding, CA 96001



Shasta County
**Health & Human
Services Agency**

GO TO THE EMERGENCY ROOM IF YOU HAVE A WOUND AND:

- Fever or chills
- Red streaks
- No pulse near wound (compare both sides)
- Cannot feel/move nearby joints
- Crunchy feeling at/near wound
- Tired, confused and dizzy (not dope-sick)
- Cellulitis (common bacterial skin infection that causes redness, swelling and pain in the infected area of the skin)
- Large abscess (more than 2 inches wide)
- Abscess on face, neck, groin or at joints

COMMON WOUNDS

Abscess

- Red, painful, swollen bump
- If soft, likely filled with pus
- Caution! If on face, neck, groin or near any joints, do not pop the abscess or sore. Go to the doctor immediately!
- Apply warm compress or warm salt soak bath once a day or more, if needed
- If it is deep, go to a doctor to have it drained



How to Care for Draining Abscess

- Wash hands with soap and water
- Put on clean gloves
- Wash wound site gently with soap and water
- Apply a small amount of pressure and fluid should come out
- Once fluid is drained, squirt water into wound with water strip (if this hurts, skip)
- Cover clean wound with thin layer of triple antibiotic
- Cover with gauze pad and bandage over wound
- Change dressing every day (do not squirt water into wound when changing dressing)
- If it does not get better in one week, go to the doctor

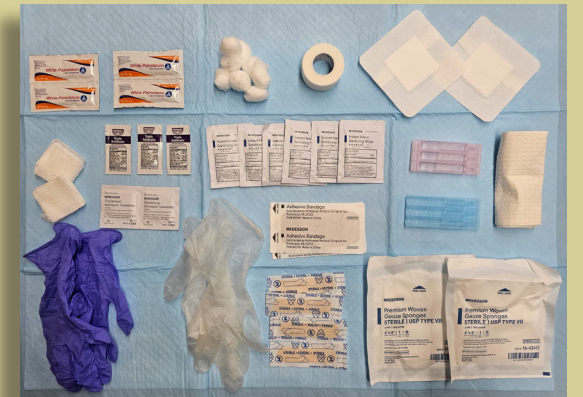
Cellulitis

- Red, painful, swollen patch
- Can be more dangerous than abscess
- If abscess and cellulitis are in the same area, go to the doctor
- Wash gently with soap and water
- Pat dry, do not rub
- Cover lightly with gauze and bandage
- Make an appointment with your doctor, go to the Hope Van or to the emergency room



SUPPLIES/RESOURCES AT SSP

- Wound care supplies
- Fentanyl test strips (5 pack kit)
- Safe sex supplies
- Free Narcan kit (Naloxone)
- Biohazard/Sharps Container
- Clean syringes (SSP sites only) (1 for 1 Exchange Only, Max of 50 syringes per person, per operational day)



WOUND CARE KIT CONTENTS

Clean Gloves: Wear after washing hands and before changing dressing.

Hand Sanitizing Wipes: To disinfect hands if no soap or water is available (Do not use to clean wound)

BZK Wipes: Use to clean the wound if soap and water are not available.

Water Strips: To cleanse the wound when soap and water are not available. Squirt into wound or open abscess.

Antibiotic: Apply thin layer of the triple antibiotic ointment on top of and around wound after cleaned/drained.

Clean Gauze: To dry the wound after cleansing.

Non-Adherent Dressing/Adhesive Bandages: Used to cover various sized wounds.