

WHERE TO GET HELP

Street Medicine Chapter Runs

Thursdays:

-6-8pm not every Thursday, West Side Walkabout (Canal/Fulton)
-8pm-12am every Thursday, Forest Park Blue Line Stop

Fridays:

-6-9pm not every Friday, Chinatown (Canalport+Halsted, Red Line), Hyde Park

Saturdays:

-1-3pm 2nd Saturday of the month, Revive Center (1686 W Ogden)
-6-9pm not every Saturday, Chinatown (Canalport+Halsted, Red Line), Hyde Park

Sundays:

-7-9pm 1st/3rd Sunday of the month, South Loop Community Table
-6-9pm most Sundays, Chinatown (Canalport+Halsted, Red Line), Hyde Park

-Ask CRA Staff for support

-For list of free clinics, visit <https://www.illinoisfreeclinics.org/clinic-search/clinic-directory/>

WOUND CARE GUIDE

Can I DIY or should I get help?

GO TO ER IF YOU HAVE:

(These signs could lead to death or loss of limbs)

- Fever or chills
- Red streaking near wound
- No pulse near wound (compare to other side)
- Tiredness, confusion, dizziness
- Cellulitis moving past border quickly (1/2 inch in an hour)
- Short of breath
- Heart racing
- Loss of feeling or crunchy feeling around wound

SEE A DOCTOR ASAP IF YOU HAVE:

- Large abscess (over 2 inches)
- Abscess on face, neck, joints, or groin
- Cellulitis (pain, swelling, warm to touch, blistering)
- Signs of injection (next panel)

YOU CAN DIY IF:

- See signs of healing (next panel)
- Are able to change the dressing every day

SIGNS THAT WOUND IS INFECTED:

- Yellow Pus
- Pain is getting **worse**
- Bad odor
- Numbness
- **Swelling that increases or lasts more than 5 days**
- No signs of healing within a month
- Skin darkening at edges
- Skin pale or white at edges

SIGNS THAT WOUND IS HEALING:

- First 2-5 days: **clear fluid**, red, swollen, tender
- Later: Wound gets smaller, itching, scab falls off

TIPS TO KEEP WOUND CLEAN:

- Keep it clean
 - Change dressing once a day, especially if dirty
 - **DO NOT use alcohol wipe to clean wound (this will dry it out)**
- Avoid Smoking cigarettes or try to smoke less if you can
- Eat protein (nuts, meat, dairy, and beans)
- Drink water