

Fast Facts

Cellulitis

- Common bacterial infection caused by streptococcus or staphylococcus
- Enters your body through a break in your skin, such as a cut, ulcer, athlete's foot infection, dermatitis, animal bite, or recent surgical incision site
- Can be serious because if it isn't treated, then it can spread to your lymph nodes and bloodstream, causing it to become life-threatening
- More common on your lower legs but can be found on your face, arms, and other areas of your body
- Isn't spread by coming into contact with a person who has a cellulitis infection

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Redness to the affected area that expands -Swelling -Tenderness -Pain -Area is warm to the touch -Red spots -Blisters -Skin dimpling -Fever 	<p><i>Antibiotics</i></p> <ul style="list-style-type: none"> -Pills (take at home) -IV (given at hospital) <ul style="list-style-type: none"> -Elevate the affected area to reduce swelling -Apply a cool, damp cloth to provide relief from the pain and warmth -Over-the-counter pain medicine 	<p>Take care of any wounds:</p> <ul style="list-style-type: none"> -Gently wash the area with soap and water daily -Apply a protective cream/ointment -Cover with a bandage to prevent dirt and germs from getting to the area (change daily or if it becomes soiled or wet) -Keep an eye out for signs of infection, such as redness, pain, and drainage <p>Diabetics or those with poor circulation need to take additional safety measures:</p> <ul style="list-style-type: none"> -Inspect feet daily for any sores or changes -Keep feet clean/dry -Wash feet daily (don't soak) -Moisturize feet to prevent cracking (don't get lotion between toes because this can lead to fungal infections) -Be careful while trimming toenails -Wear clean/dry socks and well-cushioned shoes that fit appropriately -Seek prompt treatment for any infections

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