

# POD Prevention of disability in **Buruli ulcer**



Wound and skin care



Participation with family, friends and community

*Learn how to **prevent disability**  
through **health education** and  
**self-care training***

- Wound and skin care
- Control scars and adhesions
- Clean, cover and protect wounds
- Reduce oedema and pain
- Lubricate skin and massage soft tissues
- Move and stretch soft tissues and joints
- Exercise frequently

Self-care practice



*Buruli ulcer disability is preventable: go to hospital before it is too late!*

**Global Buruli Ulcer Initiative**

20, av. Appia – CH-1211 Geneva 27 – <http://www.who.int/buruli/en>  
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