

A healthy diet helps you get better



Who can you talk to?

Your parents, guardian, carers
Someone at school
Your doctor or nurse

Ask someone to contact us.

Your healthcare professional will fill these details in:

Name:

Service:

Phone:

Email:

Code: 00467g
Published: December 2022
Review in: December 2025



Kent Community Health
NHS Foundation Trust

Do you have feedback about our health services?

Phone: 0800 030 4550, 8.30am to 4.30pm, Monday to Friday
Text: 07899 903499
Email: kentchft.PALS@nhs.net
Web: www.kentcht.nhs.uk/PALS

Patient Advice and Liaison Service (PALS)
Trinity House
110-120 Upper Pemberton
Ashford
Kent
TN25 4AZ

If you need communication support in another format, please ask a member of staff or contact us.



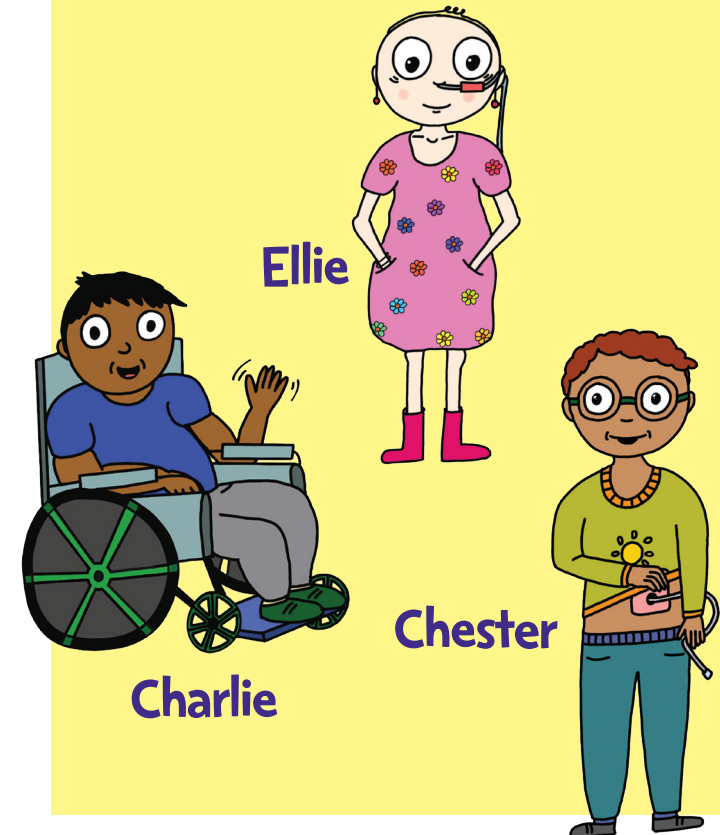
Donate today, and help the NHS go above and beyond.
Visit www.kentcht.nhs.uk/icare
Registered charity no. 1139134



Our values
Compassionate Aspirational Responsive Excellent

Keeping the Pressure off

a guide about pressure awareness



Charlie

Ellie

Chester



www.kentcht.nhs.uk

These simple steps can help to prevent pressure damage.

You can ask someone to help you read this leaflet.

Check your skin.



Who can help you?
A parent, guardian,
carer or healthcare
professional.

How do you look?

Hot and cold areas



Swelling — parts of your body
are bigger than usual



Blisters

Hard skin

Purple patches on dark skin

Red patches on light skin

Where do you sit and lay?

Is my mattress okay?

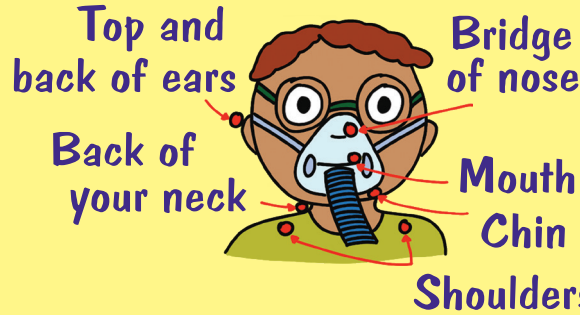
Have I grown?

Do I fit?

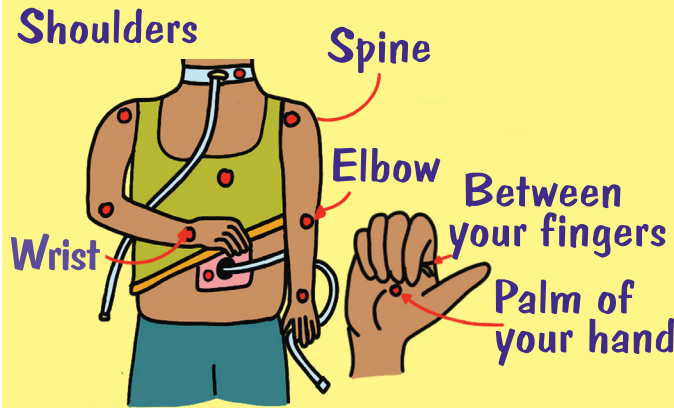


Where to look:

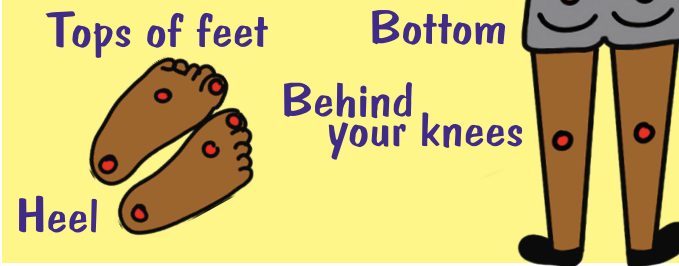
Top of your body



Middle of your body



Lower body



Keep moving -
you may need help



Keep clean and dry

Barrier protection and soothing

Clean,
pads, dry



Soap substitute

Deodorising—fresh

Moisturising
and cleansing



Are you having enough
food and drink?

