

B	I	N	G	O
Wear gloves during housework	Aging - Dry skin	ABCDE	Check for skin cancer	Skin Fact - Smoking can cause wrinkles
Medicine - Can make skin itchy	Apply lotion/moisturizer	Wash with a gentle cleanser	Pressure ulcers/Pressure injury	Aging - Immunity declines
Use a humidifier	Wear long-sleeved shirts	FREE	Aging - Sweat and oil glands not as effective	Kidney disease can impact skin dryness
Wash skin gently	Limit use of harsh soaps and perfume	Skin fact - Largest organ of the human body	Maintain good hygiene	Skin Fact - Check your skin often
Skin Fact - Helps the body's temperature control	Eat a balanced diet	Drink water	Mild Fragrance-free soaps and skin care products	Diabetes can impact skin dryness

B	I	N	G	O
Aging - Thinner skin	Aging - bruises can take longer to heal	Pat dry with towel	Medicine - Can make skin itchy	Manage stress
Aging - Sweat and oil glands not as effective	Wash skin gently	Skin fact - First line of defense for our immune system	Kidney disease can impact skin dryness	Lack of blood flow can cause a pressure injury in <two hours
Wash with a gentle cleanser	Aging - Immunity declines	FREE	Wear long-sleeved shirts	Aging - Dry skin
Pressure ulcers/Pressure injury	Skin Fact- Smoking can cause wrinkles	Mild Fragrance-free soaps and skin care products	Limit use of harsh soaps and perfume	Avoid smoking
Check for skin cancer	Skin Fact - Check your skin often	Skin Fact - Helps the body's temperature control	Seek shade from sun 10 am to 4 pm	Talk to care provider about skin concern

B	I	N	G	O
Aging - Thinner skin	Annual skin checks	Skin Fact - Check your skin often	Medicine - Can make skin itchy	Apply lotion/moisturizer
Skin Fact - Helps the body's temperature control	Mild Fragrance-free soaps and skin care products	Aging - Dry skin	Kidney disease can impact skin dryness	ABCDE
Manage stress	Pat dry with towel	FREE	Wear gloves during housework	Aging - bruises can take longer to heal
Wear wide brim hat	Wear sunscreen	Avoid smoking	Aging - Sweat and oil glands not as effective	Skin fact - First line of defense for our immune system
Pressure ulcers/Pressure injury	Check feet and legs	Wear long-sleeved shirts	Aging - Immunity declines	Skin Fact- Smoking can cause wrinkles