

# Cellulitis Self-Management Plan

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Wash your hands and keep your skin clean</li> <li><input type="checkbox"/> Inspect your skin daily, particularly your feet to spot any skin problems early</li> <li><input type="checkbox"/> Moisturize your skin regularly particularly after bathing</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Protect your hands, feet, and legs</li> <li><input type="checkbox"/> If you smoke, consider quitting.</li> <li><input type="checkbox"/> If your medical provider orders a medication to treat cellulitis, take exactly as prescribed.</li> </ul> |
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## Green Flags – All Clear

## What this means ...



### If you:

- Have a habit of washing your hands regularly
- Have no open wounds, rashes, or skin breakdown
- Moisturize your skin to avoid cracking/peeling.

- Good work!

**Keep up the good work!**

## Yellow Flags – Caution

## What this means ...



### If you have:

- A history of skin problems, including cellulitis
- Red, painful, and warm areas on your skin
- Red, cracked, or flaky skin
- Fever, chills, fatigue
- No improvement in symptoms or they are worse

- You are at risk for infection
- You may have an infection/cellulitis.

**Call your doctor, consulting nurse, or health care provider if symptoms do not improve.**

**Name:**

**Number:**

**Instructions:**

**If you notice a Yellow Flag, work closely with your health care team.**

## Red Flags – Stop and Think

## What this means ...



### If you have:

- Red, swollen, tender skin that is warm to the touch and a fever of 100.4 or higher.
- A fever of 104 or higher.

You need to be evaluated by a health care professional immediately.

**If possible, notify your health care provider's office.**

**Name:**

**Number:**

**Follow these instructions: CALL 9-1-1**

**If you notice a Red Flag, CALL 911. Emergency!**

# Cellulitis Fast Facts

- Cellulitis is a spreading bacterial infection of the skin and tissues beneath the skin. Different types of bacteria are usually the cause of the infection.
- Cellulitis is not contagious and is usually treated with oral or intravenous antibiotics.
- It can occur anywhere on the body, but the lower leg is the most common site, however it can occur in the arm, head, neck area, and other areas as well.
- Possible signs and symptoms include: redness, swelling, tenderness, pain, warmth, and fever.
- Health problems that weaken your immune system place you at a higher risk for developing cellulitis. These include diabetes, chronic leukemia's, chronic kidney disease, liver disease, and circulation disorders.
- An Injury to the skin, a cut or scrape as well as a burn or a broken bone places you at higher risk, too. If you have chronic lower leg swelling (edema), have Athlete's foot fungus, bites from insects, animals, or other humans, are overweight, or have poor circulation in your legs you are also at risk.
- IV drug users have a higher risk of developing cellulitis.
- Left untreated, complications can occur, including blood infection, bone infection, inflammation of your lymph vessels, and tissue death (gangrene).

## What can you do?

- Take care of your skin. Keep it clean, and use a non-drying lotion to prevent drying and cracking.
- If you are diabetic or have poor circulation, take extra steps to prevent skin wounds and treat any cuts or cracks in the skin right away.
- Wash wounds gently with soap and water or as directed by your health care provider.
- Apply ointments or treatment only as directed by your health care provider.
- When you meet with your health care provider, be prepared to tell your symptoms, report any recent surgeries, injuries, animal bites or insect bites.
- Tell your health care provider about all the medications you are taking. If your health care provider orders an antibiotic, it's important to take the full course of antibiotics as prescribed. Don't stop taking just because you start to feel better.

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org)



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