

Yara yurtu Jarrja **Ngarrmanu (Good Skin)**

**A resource for
community
members in
the Kimberley
Mulan**

Background

This “Good Skin” resource aligns with the “National Healthy Skin Guidelines 2018” and has been adapted from the “Keeping Skin Healthy: A Handbook for Community Care Workers” in the Pilbara, January 2019.

This **Yara Yurtu Jarrja** resource has been co-designed by **Tanya Ronalds** and **Shirley Brown** from **Mulan**, and **Tracy McRae** from the **See, Treat, Prevent Skin Sores and Scabies (SToP)** trial research team. Tanya graciously shared her local language to translate into Walmajarri language. Tanya is a Walmajarri woman and lives in Mulan with her four sons.



Shirley Brown is a Walmajarri woman who lives in Mulan and works at the Mulan clinic as an Aboriginal Healthcare Worker.



Artwork

The artwork for this book was also created by Tanya.

Strong Families (photo of strong families)

This artwork represents strong families together on Country surrounded by good bush tucker and spirits keeping them healthy and strong.



Old stories (photo of old stories)

This artwork represents Elders sharing dreamtime stories and yarning around the fire.



Translation

Jalujali
Germs


Ngajita
No

Nyurnu
Sick

Yara yurtu Jarrja
Good Skin


Yapawanti
Children


Yapa
Child


Lirra
Mouth


Taka
Hands

Nyarka
See


Wirrkil
Head

Jarri yurtu
Skin

Tjina
Foot

Yara ngarnta
Safe

Kirta
Biggest

Kurluylu
Blood

Lumparn
Small


Mil
Eyes


Manya pirri
Bed

Lalka
Dry

Translation

Nganimpa
Whole Body


Nyimuk
Wash

Yutukarra ngawu
Harmful

Palimanta
Touch

Jangka
Sores


Nyimukwantinyana
shower

Manyan
Sleep

Palimanta nyarnu
Rub

Ngarri
Belongings



Why is jarri yurtu so important?

Jarri yurtu (skin) is all over our **nganimpa (whole body)**, so we have to keep it **yara ngarnta (safe)**!

It protects our **nganimpa (whole body)**, and our **kurluylu (blood)**.

If your **jarri yurtu (skin)** is **nyurnu (sick)**, other parts of your **nganimpa (body)** can get **nyurnu (sick)** too.

Nyimuk (wash) towels and **ngarri (belongings)** and **lalka (dry)** in the sun.

Palimanta nyarnu (rub) **lalka jarri yurtu (dry skin)** with moisturising cream.

Do more of this

Cover **jarri yurtu jangka (skin sores)** from dirt or scratching.

Use bush medicines.

If **jarri yurtu (skin)** is still **nyurnu (sick)**, go to the clinic and talk to healthcare worker, doctor or nurse.

Jalujali that make your jarri yurtu nyurnu

Strep **jalujali**
(germs)

Scabies
mite

Staph **jalujali**
(germs)

Fungus

These **jalujali (germs)** are so **lumparn (small)** you can't **nyarka (see)** them, but they are very **yutukarra ngawu (harmful)**.

Scabies

You get scabies when the scabies mite goes under your **jarri yurtu (skin)** and lays eggs.



You can get scabies from other people who have scabies if you **palimanta (touch)** their **jarri yurtu (skin)**, their **ngarri (belongings)**, or the **manya pirri (bed)** they **manyan (sleep)** on.



What do I do if I get scabies?

Use topical permethrin 5% cream all over your body
Put on straight away and again in one week's time

Palimanta nyarnu (rub) cream on from **wirrkil (head)** to **tjina (foot)** after **nyimukwantinyana (shower)**.

Ngajita (no) cream on the **mil (eyes)** or **lirra (mouth)**.

Palimanta nyarnu (rub) more cream on **taka (hands)** again after **nyimuk (washing)** your **taka (hands)**.

Leave cream on overnight and **nyimuk (wash)** off in the morning.

What do I do if I get scabies?

Or there is the tablet medicine that you can take now and again in one week's time.

Everyone in the house also needs to **use the cream or the tablet medicine too**, but just once for the mob in the house who don't have scabies.





Infected scabies

Scabies can sometimes get infected with the strep **jalujali (germs)** and staph **jalujali (germs)**.



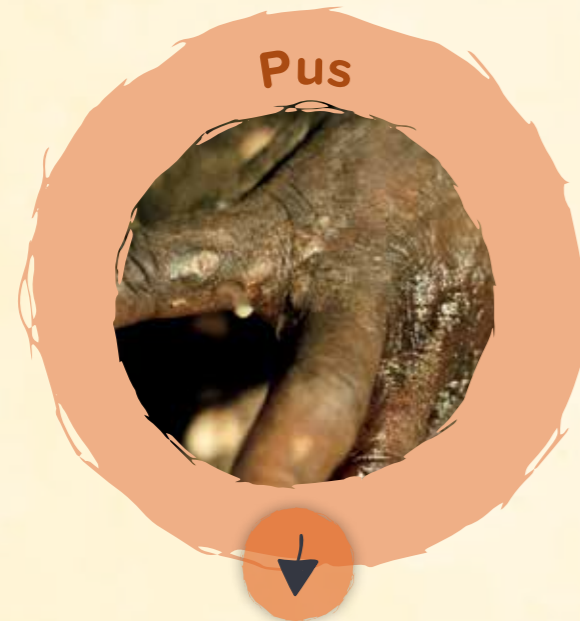
Jarri Yurtu Jangka

Jarri yurtu jangka (skin sores) happen when the **jalujali (germs)** get into the **jarri yurtu (skin)** through cuts and bites, as well as from scabies, head lice or tinea.

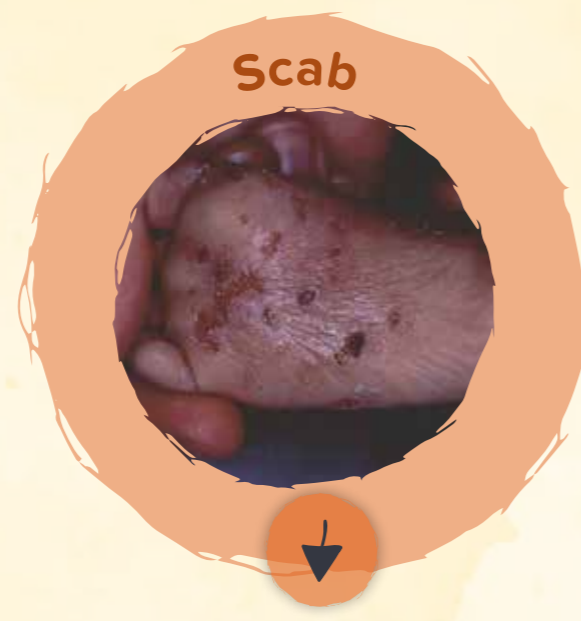


When jarri yurtu jangka look like this

It is important to take medicine straight away!

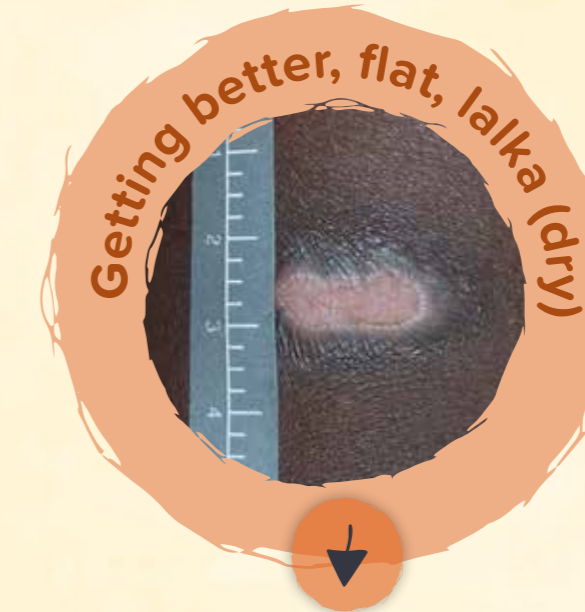


When **jarri yurtu jangka (skin sore)** have pus – you have to take medicine to kill **jalujali (germs)**.



When **jarri yurtu jangka (skin sores)** have a scab – you have to take medicine to kill **jalujali (germs)**.

When jarri yurtu jangka look like this



When **jarri yurtu jangka (skin sores)** are getting better they look flat and **lalka (dry)**.

This means **jalujali (germs)** are dead and **jarri yurtu jangka (skin sore)** is healing so, medicine is not needed.



Medicines to kill Jalujali

The clinic should give you a choice. You choose what is best for you and your family. The choices are:

A



Oral Septrin
(drink medicine)



 Morning &  Night for 3 days

B



Intramuscular
Benzathine
penicillin G
(BPG)



A needle in the thigh straight away

OR

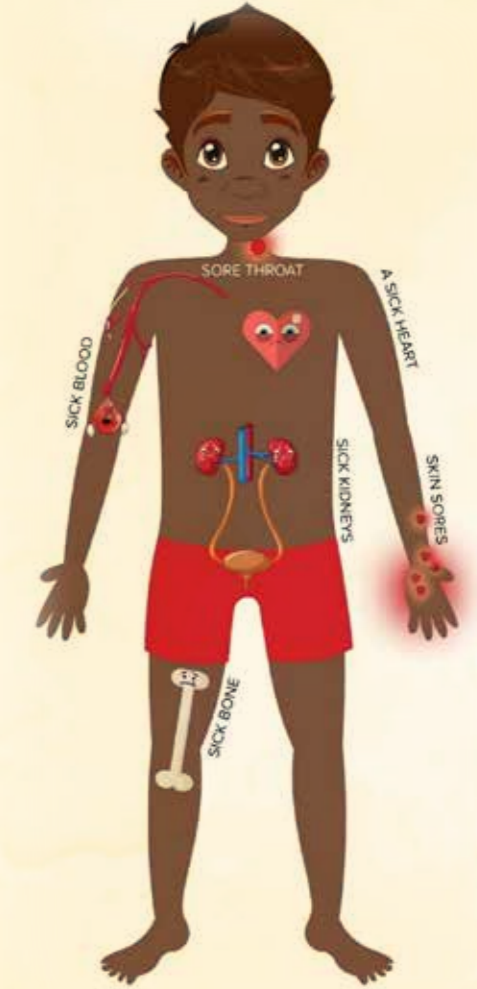
Without medicine jarri yurtu jangka can hurt more

Sepsis =
Nyurnu (sick)
blood

Bone
& Joint
Pain

Kidney
Disease

Rheumatic
Heart
Disease



Environmental Health is also important

Yara yurtu jarra (good skin) needs healthy communities.

Eating good tucker.

Working together to clean up rubbish in your community.

And keeping dogs outside homes.

Have a yarn with the environmental health team about ways to keep your community healthy!

Let's work together for yara yurtu jarra

Acknowledgements

The See, Treat, Prevent Skin Sores and Scabies (SToP) Trial research team would like to acknowledge the Traditional Owners of the Tjurabalan Country where this resource has been developed. Underpinned by Community's guidance to embed language, art, culture, and stories, whilst on country into health promotion resources, the SToP team worked alongside Tanya Ronalds to translate this resource into local Walmajarri language.

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