


Karuwa Yurra Yurtu

(Safe Skin)



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

Background

This “Safe 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 Karuwa Yarra Yurtu resource has been co-designed by Shirley and Launa Yoomarie, with support from Katie Darkie from Billiluna, and Tracy McRae from the See, Treat, Prevent Skin Sores and Scabies (SToP) Trial research team. Launa and Shirley graciously shared their local language to translate this resource into Jaru.

Sisters, Shirley, and Launa are Jaru women. Shirley now lives in Derby and Launa lives in Billiluna. Both ladies are passionate about music and play the keyboard and sing. Katie Darkie is a Jaru woman living in Billiluna. Katie is an artist and runs the art centre.



Artwork

The artwork for this book has been created by Daisy Kungah.

Wolf Creek Crater – Kunti Malarla

This artwork represents the star and rainbow serpent that fell into the crater. This caused bush potato to no longer grow in the area surrounding the crater.



Translation

Birrning
Bugs

Mirnarn
No

Ngurnuwaji
Doctor

Yumbi
Biggest

Taka
Hands

Pardunda
Touch

Garmarru
Pus

Darna
Sores

Gurnurlur
Blood

Bij bij
Scabies

Yurtu
Skin

Tjina
Foot

Karraaj
Body

Pung
Bed

Darna
Sores

Lunga
Head

Buniya
Eye

**Karuwa
yarra**
Safe

Garmbings
Eggs

Ijayjar
Children

Bij bij
Scabies

Ngarniga
Belongings

Jurrtul
Dirt

Translation

Moonanja
Night

Noowah
Brown

Jirra
Cream

Lalka
Dry

Uribarla
Morning

**Morda
yung in
gah**
Days

Narburrmunda
Protects

**Marbarl
burka**
Rub

Jurruk
Wash/
Shower

**Morda
yung in
gah**
Days

Lirra
Mouth

Errajarka
Others

**Nurnu
nurnu**
Sick

Mindumgaji
Needle

Gilnirr
Moisturise

Garndawrra
Yellow

Ijayjar
Children

Lunga
Head

Buniya
Eye

**Karuwa
yarra**
Safe

Errajarka
Others

**Nurnu
nurnu**
Sick

Mindumgaji
Needle

Gilnirr
Moisturise

Garndawrra
Yellow



Why is yurtu so important?

Yurtu (skin) is our **yumbi (biggest)** organ, so we have to keep it **karuwa yarra (safe)**!

It **narburmunda (protects)** our **karraj (body)**, and our **gurnurlur (blood)**.

If your **yurtu (skin)** is **nurnu nurnu (sick)**, other parts of your **karraj (body)** can get **nurnu nurnu (sick)** too.

Keeping my family's yurtu karuwa yarra

Do more of this

Jurruk (wash) towels and **ngarniga (belongings)** and **lalka (dry)** in the sun.

Gilnirr (rub) lalka (dry) yurtu (skin) with moisturising cream.

Cover **yurtu darna (skin sores)** from **jurrtul (dirt)** or scratching.

Use bush medicines.

If **yurtu (skin)** is still **nurnu nurnu (sick)**, go to the clinic and yarn to the **ngurnuwaji (doctor)**, nurse or healthcare worker.

Birring that make your yurtu nurnu nurnu

Strep **birring**
(bugs)

Bij bij
(scabies)
mite

Staph
birring
(bugs)

Fungus

These **birring (bugs)** are so small you can't see them, but they can make you very **nurnu nurnu (sick)**.

Bij bij (scabies)

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

You can get **bij bij**
(scabies) from **errajarka**
(others) who have **bij bij**
(scabies) if you **pardunda**
(touch) their **yurtu**
(skin), their **ngarniga**
(belongings), or the **pung**
(bed) they sleep on.



What do I do if I get bij bij?



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

Marbarl burka (rub) jirra (cream) on after jurruk (shower) from lunga (head) to tjina (foot).

Mirnarn (no) jirra (cream) on the buniya (eyes) or lirra (mouth).

Marbarl burka (rub) more on taka (hands) again after jurruk (washing) them.

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

What do I do if I get bij bij?



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.



What if bij bij gets big (infected bij bij)

Bij bij can sometimes get infected with the strep **birning (bugs)** and **staph birning (bugs)**.

If this happens the clinic will give you medicine for both.

Jirra (cream) for bij bij (scabies) (or the tablet)

Oral Septrin – drink medicine (or tablets)

AND

Yurtu darna

Yurtu darna (skin sores) happen when the **birning (bugs)** get into the **yurtu (skin)** through cuts and bites, as well as from **bij bij (scabies)**, head lice or tinea

This is very common in **ijayjar (children)** and looks like:

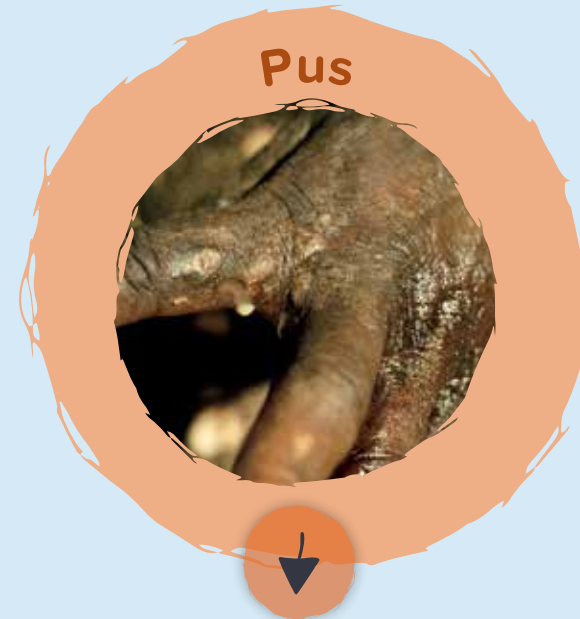
Yellow-brown scabbed darna (sores)

or

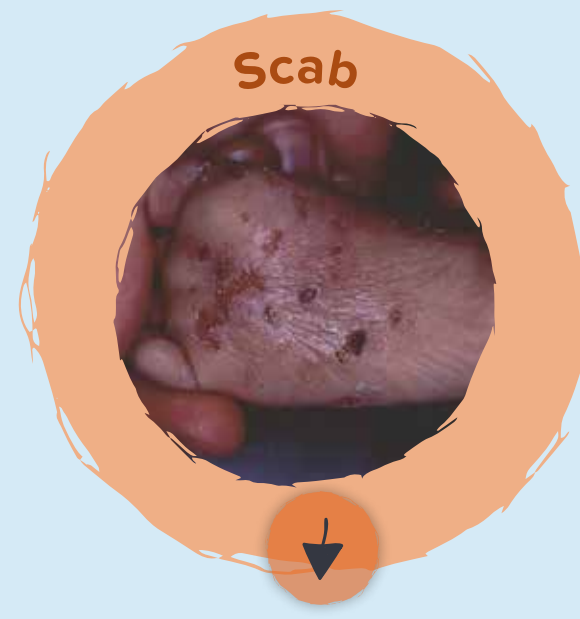
darna (sores) with **garrmaru (pus)**

When yurtu darna look like this picture

It is important to take medicine straight away!



When **yurtu darna (skin sores)** have **garmarru (pus)** – you have to take medicine to kill the **birning (bugs)**.



When **yurtu darna (skin sores)** have scab – you have to take medicine to kill the **birning (bugs)**.

When yurtu darna look like this picture



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

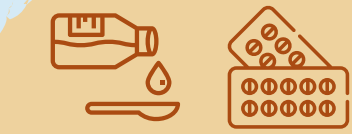
This means **birning (bugs)** are dead and **yurtu darna (skin sores)** are healing so, medicine is not needed.



Medicines to kill birrning

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
(uribarla) (moonanja)

B



Intramuscular
Benzathine
penicillin G
(BPG)



A needle (mindumgaji) in the thigh
straight away

OR

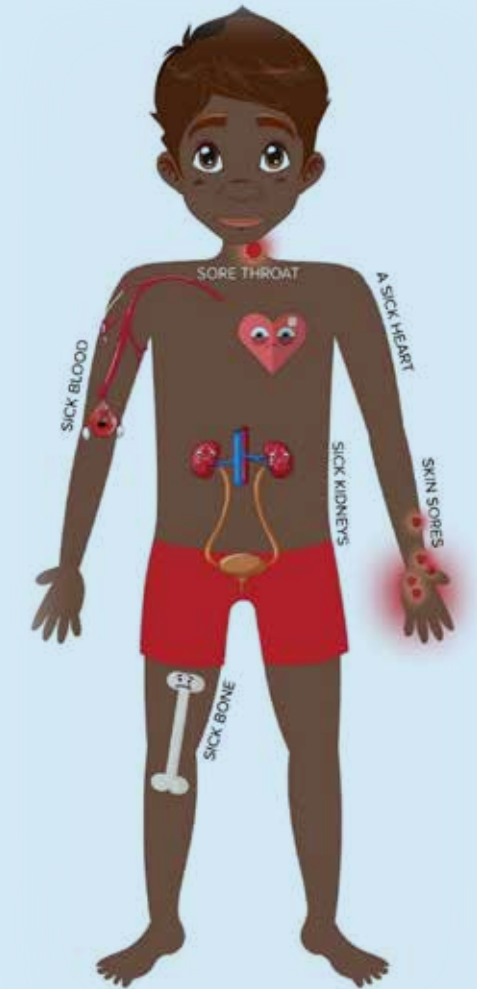
Without medicine yurta darna can hurt more

Sepsis =
nurnu nurnu
(sick) blood

Bone
& Joint
Pain

Kidney
Disease

Rheumatic
Heart
Disease



Environmental Health is also important

Karuwa yarra yurtu (safe 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 karuwa yarra yurtu

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 Shirley and Launa Yoomarie with support from Katie Darkie to translate this resource into local Jaru language.

Citation: McRae T, Yoomarie S, Yoomarie L, Darkie K, MacIntosh K, Enkel S, Thomas H, Ford A, Coffin J, Walker R, Carapetis J, Bowen AC, *Karuwa Yarra Yurtu - Safe Skin*, Telethon Kids Institute, Perth, 2022.

The SToP Trial is a partnership project with Kimberley Aboriginal Medical Services, WA Country Health Services, Nirrumbuk Environmental Health and Services, and Telethon Kids Institute. This work was funded by Healthway.



