



Bidyadanga Jangka Murwarr Mapu Karnuku (Healthy Skin)

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

Background

This “Healthy 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 Mapu karnuku (Healthy Skin) resource has been co-designed by Jessica Bangu and Adriana Mandijalu from Bidyadanga and Tracy McRae from the See, Treat, Prevent Skin Sores and Scabies (SToP) Trial research team with support from Ingrid Elmitt. While there are five languages spoken in Bidyadanga Jessica translated this booklet into Karajarri language.

Translation



Julie Ann (Jessica) Bangu was born in Broome and grew up in Bidyadanga Community. She spent her early years schooling at Lagrange School and then followed on schooling three years in Broome at Nulungu College, and one year at St Joachim’s high school in Perth in 1979.

Jess’s language group is Juwaliny however she is also recognized as a Senior Cultural Ranger and teacher of Karajarri language due to most of her life being spent living on Karajarri country. Jess also has close cultural ties with families through her late husband, a strong Karajarri leader and cultural elder.

Artwork

The artwork for this book has been created by Adriana Mandijalu



Land and Sea



Half black rock beach and Injadinuh Beach



Adriana lives in Bidyadanga with her partner, five kids, and four grandchildren. She grew up in Bidyadanga and often travels to One Arm Point, as her mother’s side family comes from there, Bardi Jawi country. Adriana likes to paint in bright colours and often paints shells and sea animals as well as the bright corals that she has grown up around.

Wurtu
Big

Mapu Karnuku
Healthy Skin

Jami
Not

Karrikin
Body

Marrapanpa
Rub

Wunjanpa
Wash

Translation

Mapu Jala-ku
Healthy

Jawa
Mouth

Katarka
Sleep

Karnu
skin

Kunpurlu
Blood

Pirra
Bush

Pani
Eyes

Kunkulu
Head

Kartupaparrangu
Children

Tatarl
Sick

Papirr
Hands

Parra
Sun

Mirtijin
Medicine

Mara Mara
Bed

mirtijin
(medicine)

Nya nga nya
see

Mapu Jala-ku
Healthy

Larlka
Dry

Jinapuka
Shoes

Kinyangka-kura
Their

Translation

Tatarl-kura maya
House of Health (Clinic)

Maya
house

Jurru
Insects (Bugs)

Tatarljangka Karnu
Skin Sores

Wupartu
Tiny

Ngarlu Kaningjartu
(Inside) Stomach

Jami Tararkulu
Not to make you really sick

jina
foot

Jiminpa
Touch

Why is Karnu (skin) so important?

Karnu (skin) is all over our karrikin (body), so we have to keep it mapu jala-ku (healthy)!

It protects our karrikin (body), and our blood (kunpurlu).

If your Karnu (skin) is tatarl (sick), ngarlu kaningjartu (inside stomach) and other parts of your karrikin (body) can get tatarl (sick) too.

Wunjanpa (wash) towels and belongings and then larlka (dry) them in the sun (Parra).

Rub larlka (dry) karnu (skin) with moisturising cream.

Cover tatarljangka karnu (skin sores) from dirt or scratching.

Keeping my family's Karnu Mapu Jala-ku

Do more of this

Pirra Mitirjin (Bush Medicines)

If your **karnu (skin)** is **tatarl (sick)**, you can use **pirra mirtijin (Bush Medicines)**.

Jacko Shovellor at the Karajarri rangers can yarn with you about the right **pirra mitirjin (bush medicines)** to help if your **karnu (skin)** is **tatarl (sick)**.



If **karnu (skin)** is still **tatarl (sick)**, go to the **tatarl-kura maya (clinic)** and talk to the Rosita or healthcare worker, Doctor or Nurse.



Bidyadanga Clinic

House To Make Us Better

Karajarri	Mapu Janaku Maya
Nyangumarta	Ngalya Jinaku Maya
Juwaliny	Wulyu Kujunupurra Mayaru
Yulparija	Palya Mankuraku Maya
Mangala	Wulyukarrpurru Mayaru

Clinic hours: 9am to 12pm & 1pm to 4pm Mon. to Thurs.
Friday 9am to 12pm Closed on public holidays

All Welcome . Ph. 91924952



Rosita Billycan was born in Port Hedland, but now lives in Bidyadanga and has a three-year-old son (Latrele). Rosita's father is Nyangumarta, and her mother is Yulparija. Rosita has worked at the Tatarl-kura maya for more than 10 years and can help you if your **karnu (skin)** is **tatarl (sick)**.

Jurru (bugs) that make your Karnu Tatarl

Strep **Jurru**
(bugs)

Scabies Mite

Staph **Jurru**
(bugs)

Fungus

These **jurru (bugs)** are so **wupartu (tiny)** you can't **nya nga nya (see)** them, but they are very harmful.

Scabies

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

You can get scabies from other people who have scabies if you **jiminpa (touch)** their **karnu (skin)**, their belongings, or the **mara mara (bed)** they **katarka (sleep)** on.



What do I do if I get Scabies?



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

Marrapanpa (rub) cream on from **kunkulu (head)** to **jina (foot)** after **wunjanpa (wash)**.

No cream on the **pani (eyes)** or **jawa (mouth)**.

Marrapanpa (rub) more cream on your **papirr (hands)** again after you **wunjanpa (wash)** them.

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

What do I do if I get Scabies?

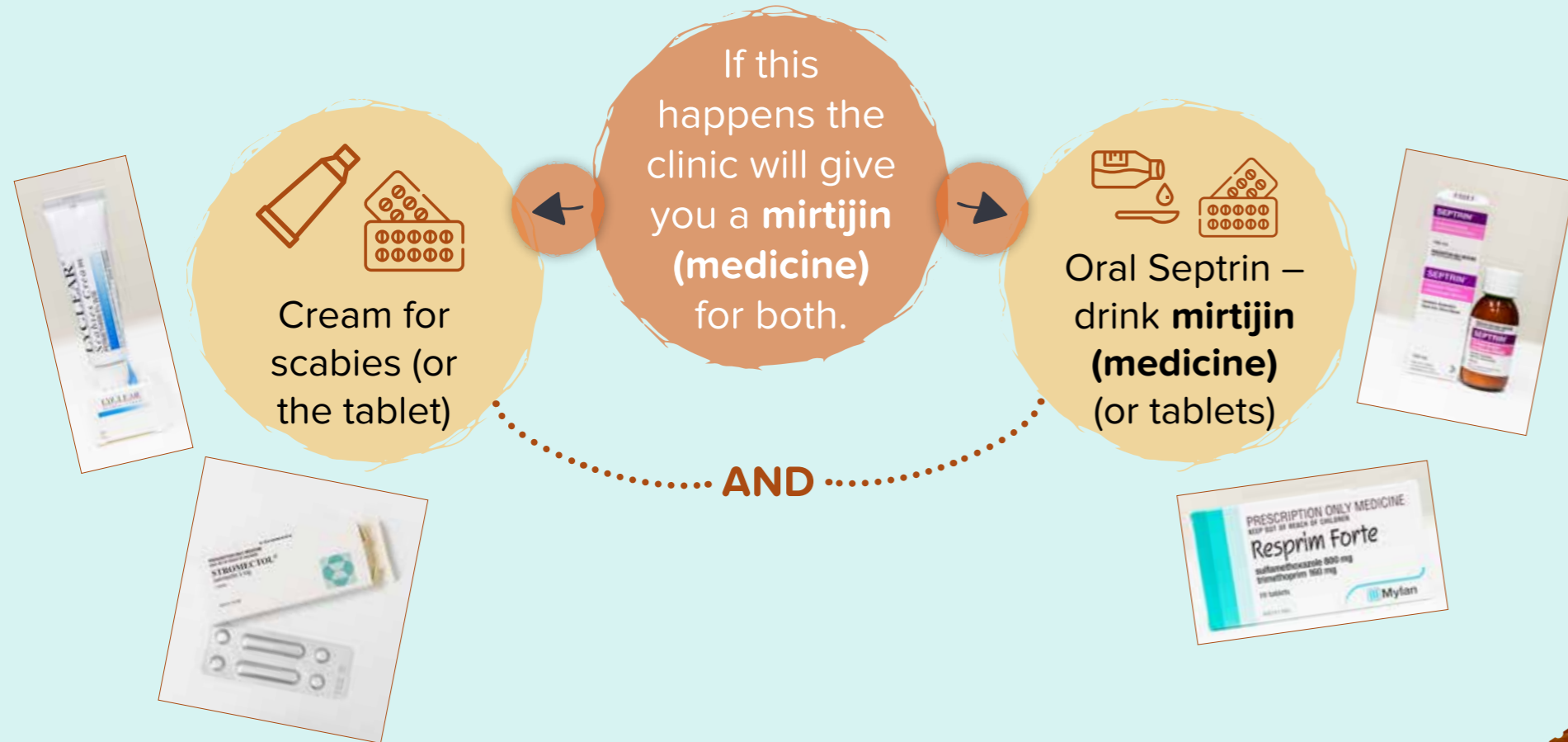


Or there is the tablet **mirtijin (medicine)** that you can take now and again in one week's time.

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

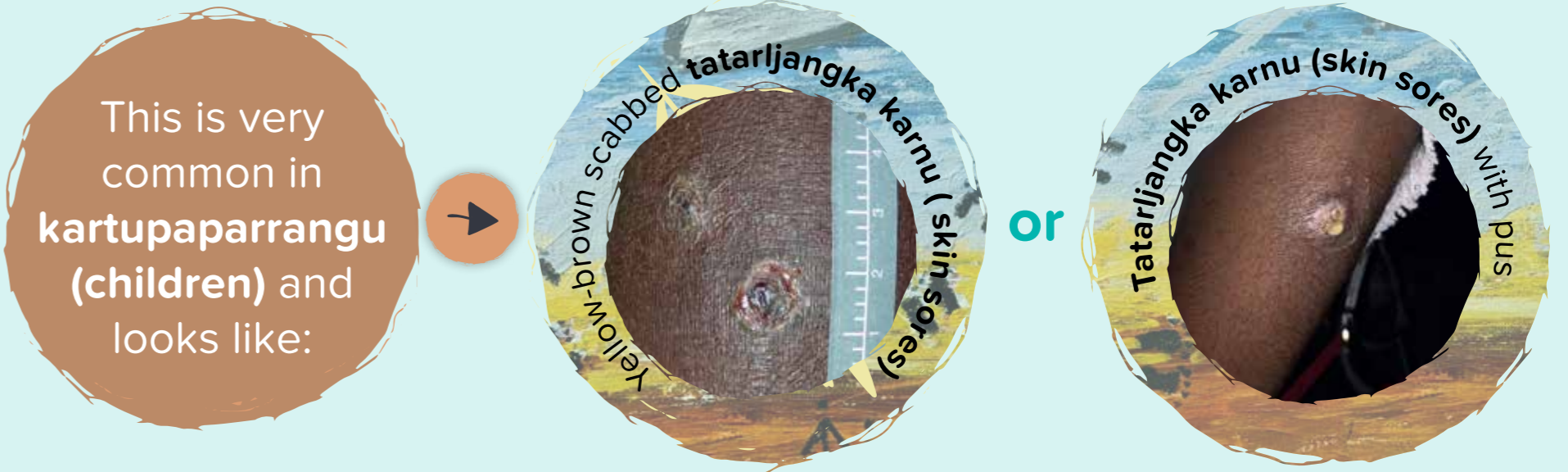
Infected Scabies

Scabies can sometimes get infected with the strep **Jurru (bugs)** and staph **Jurru (bugs)**.



Tatarljangka karnu

Tatarljangka karnu (skin sores) happen when the **Jurru (bugs)** get into the **karnu (skin)** through cuts and bites, as well as from scabies, head lice or tinea



When Tatarljangka karnu look like this

It is important to take medicine straight away!



When **tatarljangka karnu (skin sores)** have pus, you have to take medicine to kill **Jurru (bugs)**.



When **tatarljangka karnu (skin sores)** have a scab – you have to take medicine to kill the **Jurru (bugs)**.

When Tatarljangka karnu look like this



When **tatarljangka karnu (skin sores)** are getting better they look flat and **larlka (dry)**.

This means the **Jurru (bugs)** are dead and **tatarljangka karnu (skin sores)** is healing so, medicine is no longer needed.

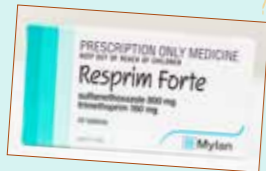
Medicines to kill Jurru

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

A



Oral Septrin
mirtijin (medicine)



 Morning &  Night for 3 days

B



Intramuscular
Benzathine
penicillin G
(BPG)



A needle in the thigh straight away

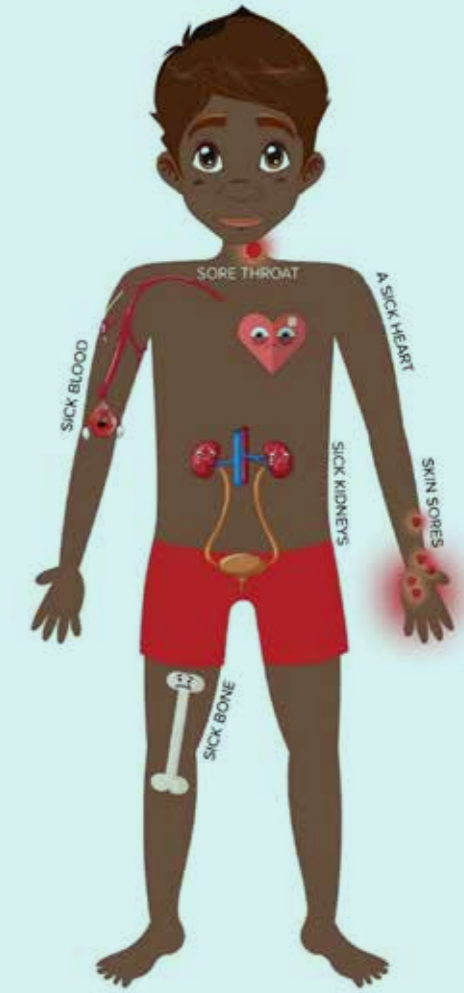
Without medicine Tatarljanga karnu can hurt more

Sepsis =
Tatarl (sick)
blood

Bone
& Joint
Pain

Kidney
Disease

Rheumatic
Heart
Disease



Environmental Health is also important

Mapu Karnuku (healthy 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!

Orange Sky Laundry Service

Visit VY and Ingrid at Orange Sky laundry service to Wunjanpa (wash) and dry your clothes and belongings that can help keep your karnu (skin) mapu jala-ku.



Let's work together for Mapu Karnuku

Acknowledgements

The See, Treat, Prevent Skin Sores and Scabies (SToP) Trial research team would like to acknowledge the Traditional Owners of the Karajarri 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 Jessica Bangu to translate this resource into local Karajarri language and Adriana Mandijalu who created the artwork.

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