



## NLR Skin Disease Games - Do-It-Yourself (DIY) version

### Memory

- It is recommended to print on thick paper or cardboard.
- Each Memory card has an identical back. So, when you turn over the cards, they all look the same. The backs are displayed on the first page. This page needs to be printed 12 times.
- You can either make a two-sided print or glue the front and the back together.
- There are cutting lines printed on the pages. Follow these to ensure the correct sizes of the cards (74 x 105 mm).
- The orange colour bleeds a bit over the cutting lines, to ensure no white lines appear on the side of the cards; i.e. you will need to cut a small line of orange off each card.

For questions contact: [SkinApp@nlrinternational.org](mailto:SkinApp@nlrinternational.org)



**EDCTP**

The project leading to the development of this game is part of the EDCTP2 programme supported by the European Union.

Grant number: RIA2017NIM-1839-PEP4LEP



SKIN  
SIGNS &  
SYMPTOMS  
MEMORY



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**These are the backs of each memory card**  
**Print this page 12 times**



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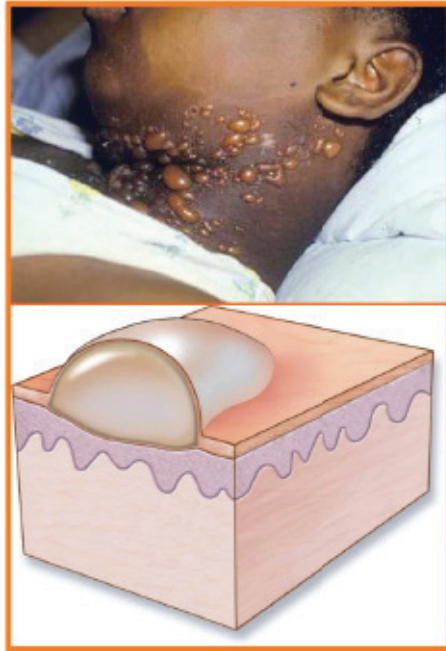
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1



**Bullae/large blisters**  
Large swellings of the skin  
that contain watery fluid

1



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Copyright on one of the photos in the game?  
Please let us know via [SkinApp@nlrinternational.org](mailto:SkinApp@nlrinternational.org)

**NLR Skin Disease Games**

These memory cards are part of the NLR Skin Games.  
The NLR Skin Games were originally developed under the PEP4LEP project, funded by the EDCTP and LRI.

**How to play**

1. Put all the cards in rows, facedown on the table
2. In turns, turn over any two cards
3. If they match, keep them - if not turn back over
4. The person with the most pairs wins the game
5. Too hard? Play with the cards facing up



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Version 4, 2020

2



## Comedones

Widened open (blackhead)  
or closed (whitehead) hair  
follicle openings filled with  
keratin

2

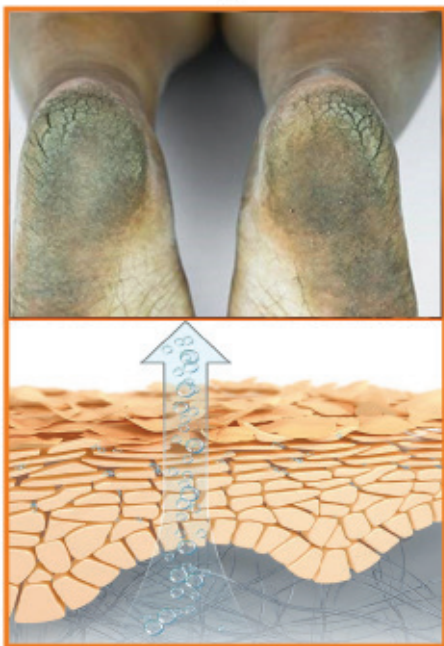


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3



## Cracks

Rough and often flaky skin  
with small or deep tears

3



4



## Crusts

Dried serum, blood or pus on the surface of the skin

4

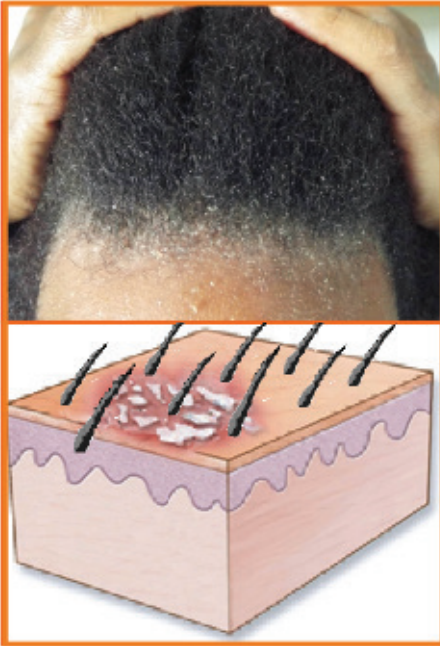


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5



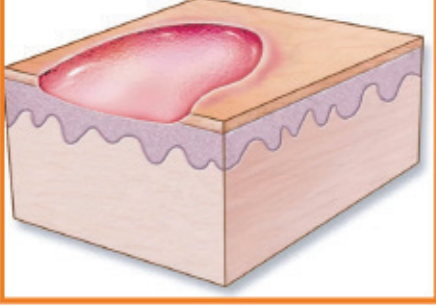
## Dandruff

White, oily flaking of the skin on the scalp, may feel itchy

5



6



**Erosions**  
Superficial loss of skin  
Excoriation / abrasion

6

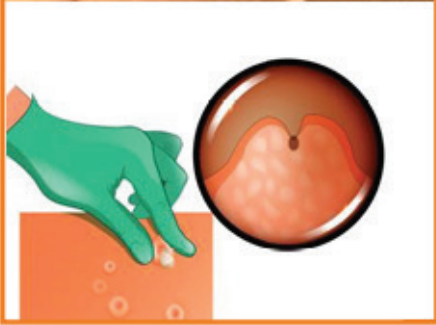


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7

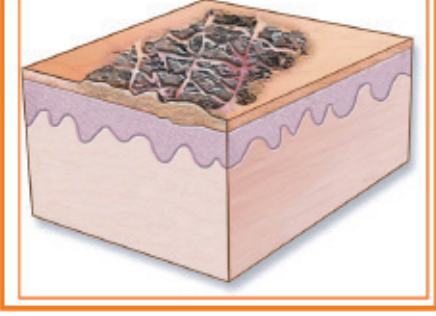
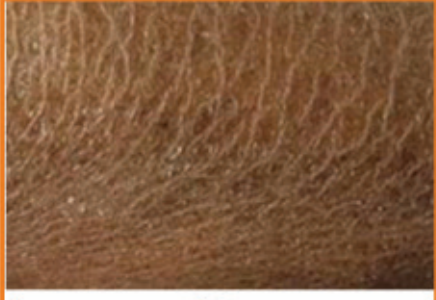


**Dome shaped elevation  
with cheesy content**

7



8



**Lichenification**  
Thickened skin with  
deepening of the normal  
skin lines (leather-like)

8

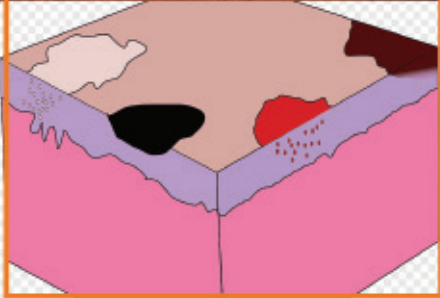
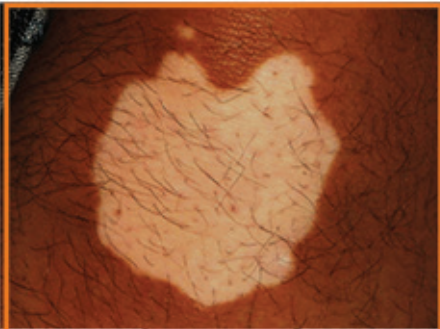


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9

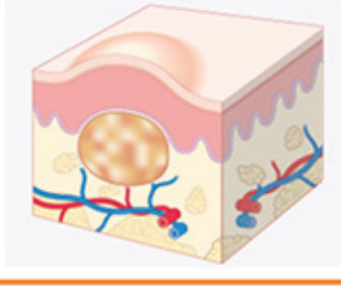


**Macules/  
circumscribed colour  
change**  
Without change in the level  
of the skin

9



10



**Nodules/  
large bump**  
Hard swelling in/under the  
surface of the skin.

10



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11



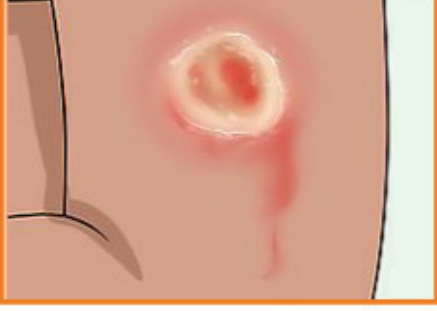
**Oedema/Edema**  
Swelling of body part or  
skin area, can be hard or soft

11





12



**Oozing**  
Slow leaking of fluid from the skin or a wound

12

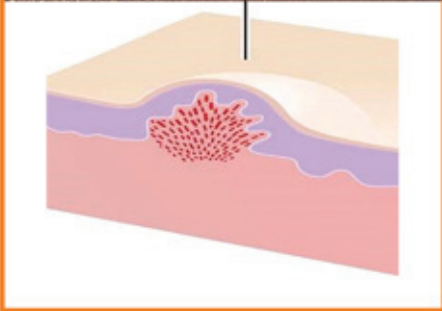


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13

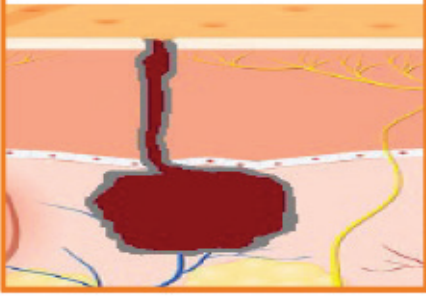


**Papules/  
small bump**  
Small hard bump

13



14



**Fistulae discharging  
pus (with grains)**  
Abnormal passage leading from  
an abscess to the skin surface

14

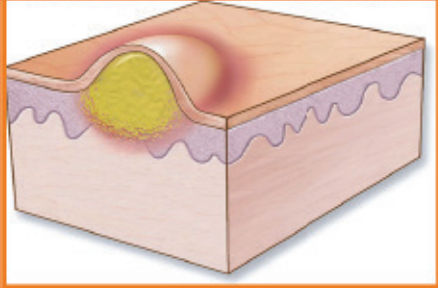


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15



**Pustules/pimples**  
Vesicles filled with pus

15



16



## Round lesions

A change in skin appearance  
with a round shape,  
no wound

16

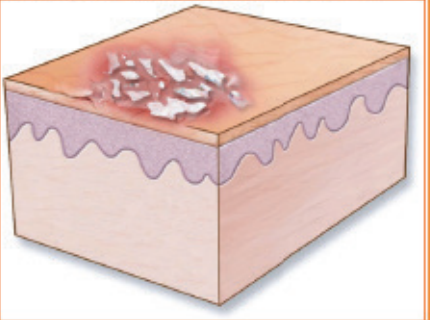


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17



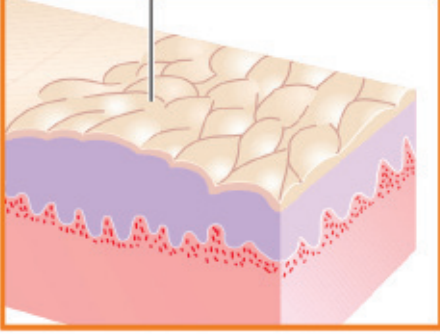
## Scales

White flakes of dry skin/  
keratin

17



18



**(White) plaques**  
Large superficial elevations  
with thick white scales

18

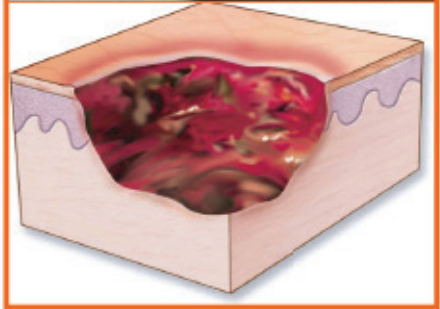


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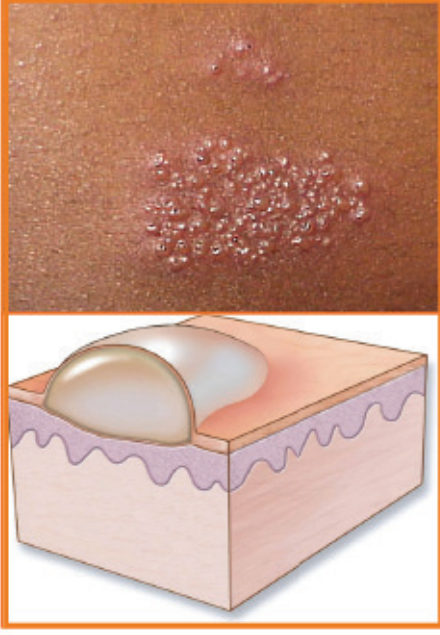
19



**Ulcers**  
Round/oval shaped defect or deep sore in skin, with red or yellow base, possibly black/yellow crust <sup>19</sup>



20



## Vesicles/ small blisters

Small swellings of the skin that contain watery fluid

20

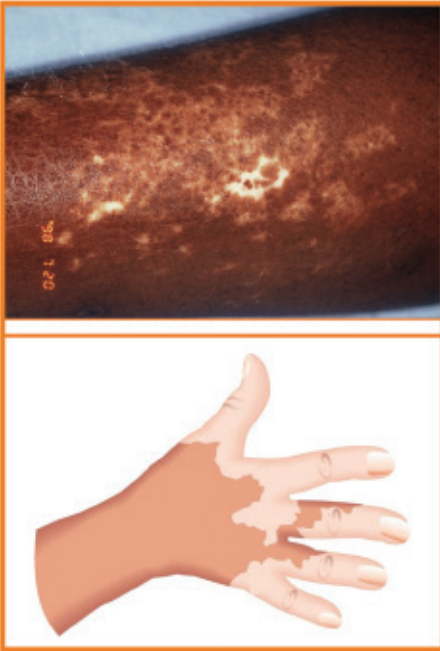


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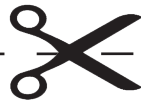
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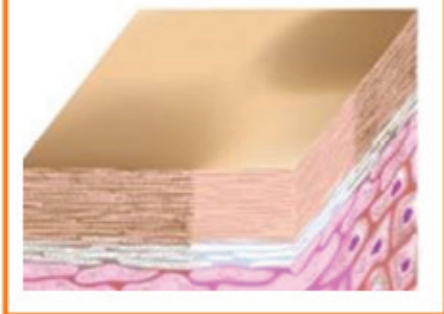
## Hypopigmentation/ Depigmentation (lightening)

Area of unusual lighter skin

21



22



**Hyperpigmentation**  
(darkening)  
Area of unusual darker skin

22



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23

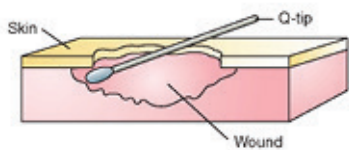
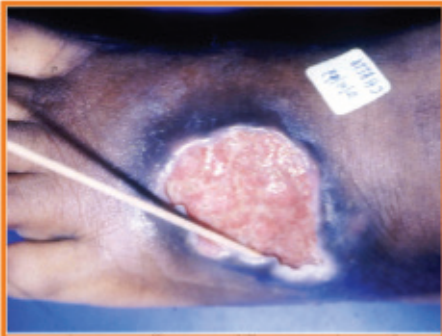


**Scratch marks**  
Slight skin tearing or red marks due to scratching

23



24



**Ulcer with undermined edges**  
Round/oval open wound that continues underneath the skin edges

24



**EDCTP**

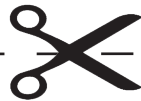
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