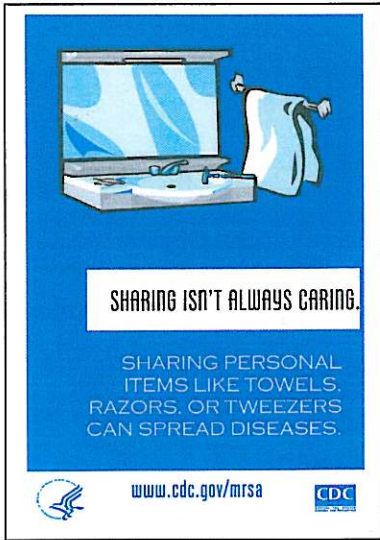


**HANDWASHING** is the single most important protection against disease!

# Protect Yourself

How can I keep from getting skin infections?



## Keep yourself clean

- Wash your hands often, including:
  - before and after sports practice
  - after using the restroom
  - after changing wound dressings
- When showering, wash sores last.
- Use towels, washcloths and clothing once and wash in hot soapy water.
- Shower immediately after contact sports such as football, wrestling, soccer, etc.

## Avoid Catching something

Don't share:

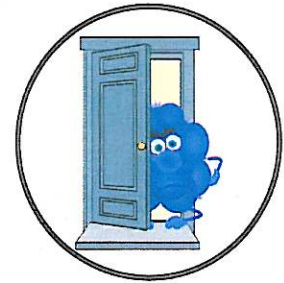
- Razors
- Towels
- Deodorant
- Bars of soap
- Towels while playing sports

Don't use someone else's clothing, towels or equipment.

## Protect your skin

- Keep scrapes, burns and wounds covered with waterproof bandages until completely healed
- Don't use netted sponges, loofahs, or other scrubbing items.
- Don't get any tattoos or piercings.

Don't open the door to infection.



ANY OPENING IN YOUR SKIN INCREASES THE RISK OF INFECTION.

Clean  
Dry and  
Covered!

[www.cdc.gov/mrsa](http://www.cdc.gov/mrsa)



Is it a spider bite?



IF YOU THINK YOU HAVE A SPIDER BITE, IT MIGHT ACTUALLY BE AN INFECTION THAT NEEDS MEDICAL ATTENTION.

When in doubt, check it out.



[www.cdc.gov/mrsa](http://www.cdc.gov/mrsa)



## How do I know if I have a skin infection?

Some sores may get minor infections that will heal quickly. Common signs of skin infection include fever, pus, swelling, tenderness, or pain. Serious infections can also look like a pimple, blister, or seeping sore and can occur anywhere on the body.

## What do I do if I think I have a skin infection?

If you have any question about any sore or injury, **call your doctor.**

## "Staph" Staphylococcus aureus

1. Can be found on healthy skin
2. Common cause of skin infections
3. Spread through close contact with infected people.
4. Also spread by touching contaminated objects. (towels, sports equipment)
5. Can cause serious infections.
6. Most staph bacteria including MRSA are treated with antibiotics.



Public Health  
Prevent. Promote. Protect.

Sidney-Shelby County  
Health Department  
937-498-7249