



# Stay in the Game

As an athlete, you may be at risk for serious skin infection.  
***Know how to protect yourself.***

## How can I keep from getting skin infections?

### Protect your skin

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

### Keep yourself clean

- Wash your hands often, including:
  - before and after practice
  - after using the restroom
  - after changing wound dressings
- When showering, wash sores last.
- Use towels, washcloths and clothing once and wash in warm or hot water.
- Shower immediately after training, practice sessions or a game.

### Avoid catching something

- Don't share:
  - razors
  - towels and washcloths
  - deodorant
  - bars of soap
  - towels while playing
- Don't use someone else's clothing, towels or equipment
  - Wash your hands often and use hand sanitizers to kill germs.



## 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, ask your coach or trainer and call your doctor.

### ***Staph (Official name: 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 colonized objects (towels, sports equipment)
5. Can cause serious infections.
6. Most staph bacteria including MRSA are treated with antibiotics.