Take Care Of Your Skin:

TIPS FOR ATHLETES

Keep it clean! Washing hands and showering with soap and water protect against skin infections.

Stay healthy. To avoid skin infections:

- Wash your hands frequently.
- Shower after playing sports; use a clean towel.
- Keep cuts and scrapes clean and covered with a bandage.

Tell your coach or athletic trainer if you think you have a skin infection.

www.mass.gov/dph
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