



ATHLETES: TO HELP PREVENT STAPH AND MRSA★:

- Wash your hands thoroughly with soap and warm water or use an alcohol hand sanitizer.
- For close contact sports: shower with soap immediately after each practice, game or match.
- Wash your clothes and towels daily.
- Cover cuts and abrasions with a clean, dry bandage until healed.
- Don't place your fingers or hands near your nose or groin.
- Don't share soap, razors, make up, or any personal items. Bring your own and keep it in your locker.
- Use a clean, dry towel. Don't share.
- Report any skin sore, boil, or insect or spider bite to your coach, athletic trainer, or school nurse.

★Hand washing is the best way to prevent infectious disease.