

Stay in the Game

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

Ways to Decrease the Risk of Skin Infection

Protect your skin

- Clean scrapes, burns, cuts and nicks with soap and water. Keep wound covered with dry secure bandage until healed.
- Consider lotion to prevent drying and chapping of skin.
- Do wear your protective gear to help prevent injury.
- Do daily skin checks.
- Don't get tattoos or body piercings during the sports season.
- Don't bite your nails as this increases the risk of injury to cuticles.
- Don't pick at or squeeze pimples.

Keep yourself clean

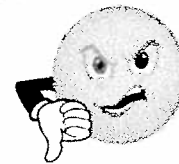
- Use only wash cloths that can withstand daily laundry regimen (no loofahs, sponges [netted or otherwise] or body brushes).
- Wash your hands often with soap and water:
 - before and after games and practice.
 - after using the restroom.
 - before and after changing wound dressings.
 - before eating.
- Shower immediately after each game or practice session.
- Wash towels, washcloths and athletic clothing after each use with hot/warm water and detergent.
- Keep gear clean.
- Don't use alcohol gels on visible debris.
- Don't contaminate inside surface of your locker or "gym bag" with soiled clothing or equipment.

Prevent transmission of bacteria

- Do not share:
 - razors
 - used towels and wash clothes
 - deodorant
 - bars of soap
 - ointment or liniment
 - water bottles/drink cups
 - contaminated equipment
- Clean and sanitize wrestling and gym mats daily.
- Clean and sanitize weight room equipment and high touch areas daily.
- Clean and sanitize lockers at the end of season.
- Clean and sanitize whirlpools and multi-use therapies per manufacture's instruction.



**Say yes to clean, dry bandages
and wet soapy showers and
thumbs down to SHARING.**



- **An outbreak of disease can occur in any setting in the community.**
- **An outbreak can be identified by one case of an unusual disease or an increase over the expected number of cases of a disease within a facility or a geographic area.**
- **Surveillance data can often detect outbreaks of disease but many are detected through clinicians, lab workers, or reports to the local health department.**
- **Where the actual number of cases exceeds the expected = outbreak.**

Outbreaks of staphylococcal skin infection, including MRSA, are reportable in the state of Ohio. If you know of an outbreak, please report it to your local public health department.