

MRSA—Healthy Skin Tips for Athletes!

DO:

- **Wash hands frequently with soap and warm water**
- **Shower everyday, especially after practices and competitions**
- **Tell your coach or school nurse about any skin infection**
- **Keep your fingernails short**
- **Cover cuts and scrapes**

DO NOT:

- **Share personal care items such as towels, bar soap, razors, clothing, water bottles or athletic gear**
- **Pick, squeeze, or scratch scabs, scrapes, bumps or rashes**
- **Wear jewelry during practices or competitions**

