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