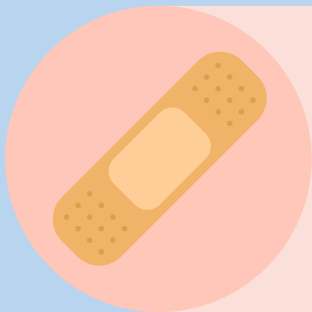


Athletes: Protect Your Skin!



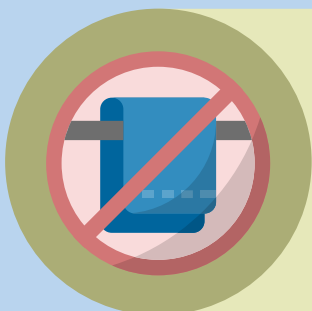
Clean hands often with soap and water or use alcohol-based hand rub.



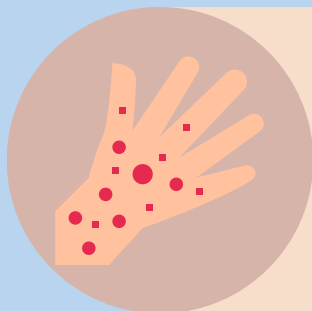
Keep cuts and scrapes on the skin covered.



After every practice/game: shower immediately and wash uniforms and clothing.



Don't share gear, towels, or personal items.



Report any skin problems immediately to coaches or athletic trainers.



Clean personal gear at least weekly.

