

Who's Playing Defense?

Protect Against Skin Infections.



**Good hygiene and taking care
of your skin are the best protection against skin infections.**

To avoid skin infections:

- Wash your hands.
- Shower regularly.
- Use a clean towel.
- Do not share towels, razors or toothbrushes.
- Keep cuts and scrapes covered and protected with a bandage, if possible.
- Dispose of used bandages carefully.

**Tell the healthcare staff if you think
you have a skin infection.**