

# Who's playing DEFENSE?

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

To avoid skin infections:

- Wash your hands frequently.
- Shower after playing sports; use a clean towel.
- Keep cuts and scrapes clean and covered with a bandage.

Tell your coach or athletic trainer if you think you have a skin infection.



Massachusetts Department of Public Health

[www.mass.gov/dph](http://www.mass.gov/dph)

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**PROTECT AGAINST SKIN INFECTIONS.**

