



Take Care Of Your Skin: TIPS FOR ATHLETES



Keep it clean! Washing hands and showering with soap and water protect against skin infections.

Stay healthy. 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.**

www.mass.gov/dph

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