

# PROTECT THE SKIN YOU'RE IN



## To avoid skin infections:

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

Pimples, rashes, and boils, especially when warm, painful, red or swollen, can be signs of a skin infection. Infections can be serious if not treated properly.

**Talk to your doctor if you  
think you have a skin infection.**

