Don’t let infection get under your skin.

CUTS AND SCRAPES ARE PART OF THE GAME. TAKE CARE OF THEM PROPERLY.

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
October 2006