

# 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.**