

# BLOCK INFECTIONS, PROTECT YOUR SKIN

## To avoid skin infections:

- Wash your hands regularly
- Keep cuts and scrapes clean & covered with a bandage
- Wash practice clothes & game uniforms after each use
- Don't share towels or personal items

**Tell your coach if you think you have a skin infection.**



Contact the Southeast District Health Department for questions or more information,  
Toll Free 877-777-0424.

