



Winners

share the ball, not their

germs.

Practice good hygiene: Do not share personal items, such as towels or razors. Wash your hands frequently. Shower immediately after every practice and game. Use clean towels each time you shower. Launder clothes and towels after each use. Your health matters.

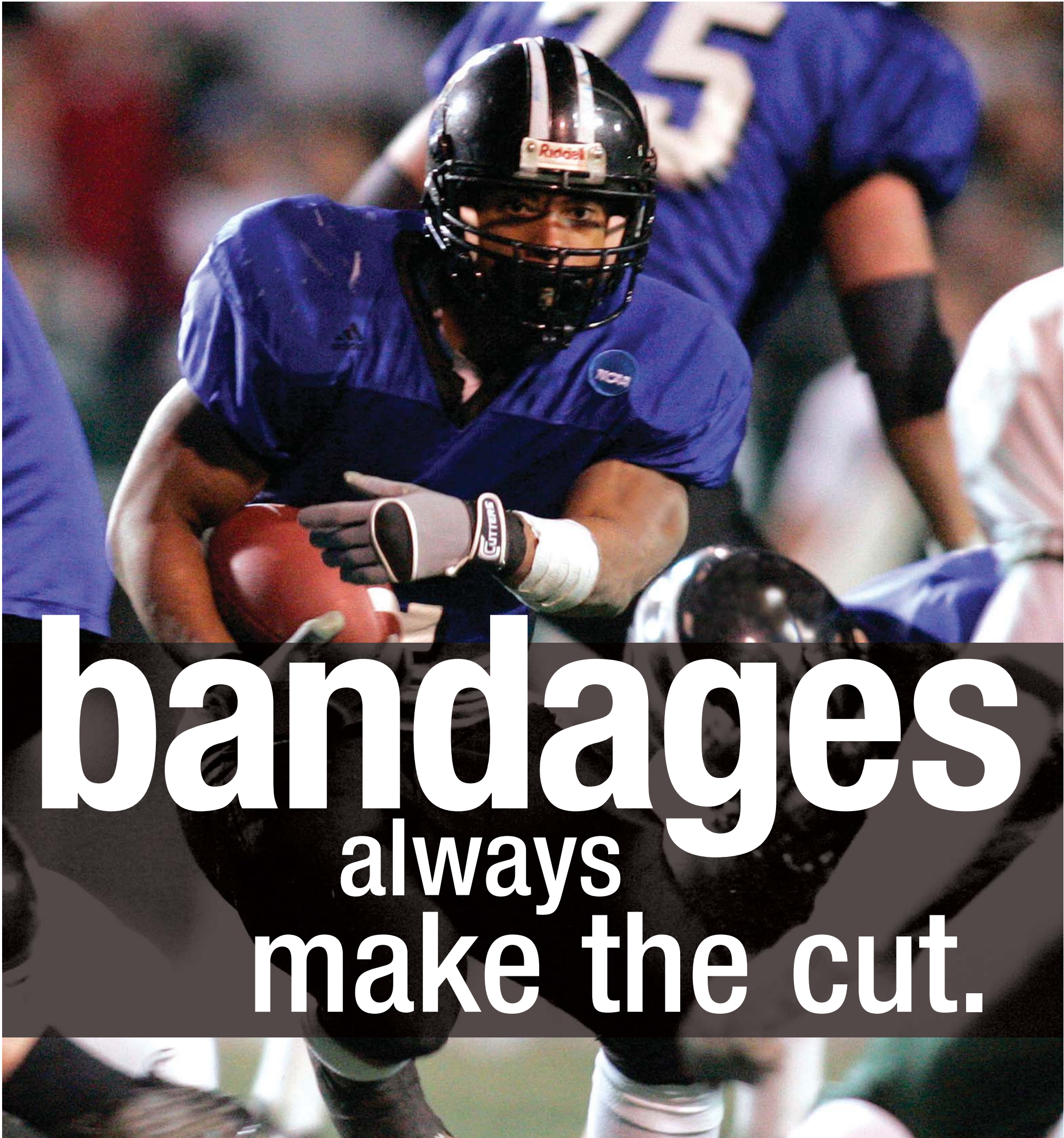




skin infections can be passed between athletes.

Practice good health: Report skin infections to your athletic trainer, coach or team physician. Recognize the signs of infection: skin sores/lesions that have redness, pain, swelling or pus. Don't treat yourself. When in doubt, check it out.



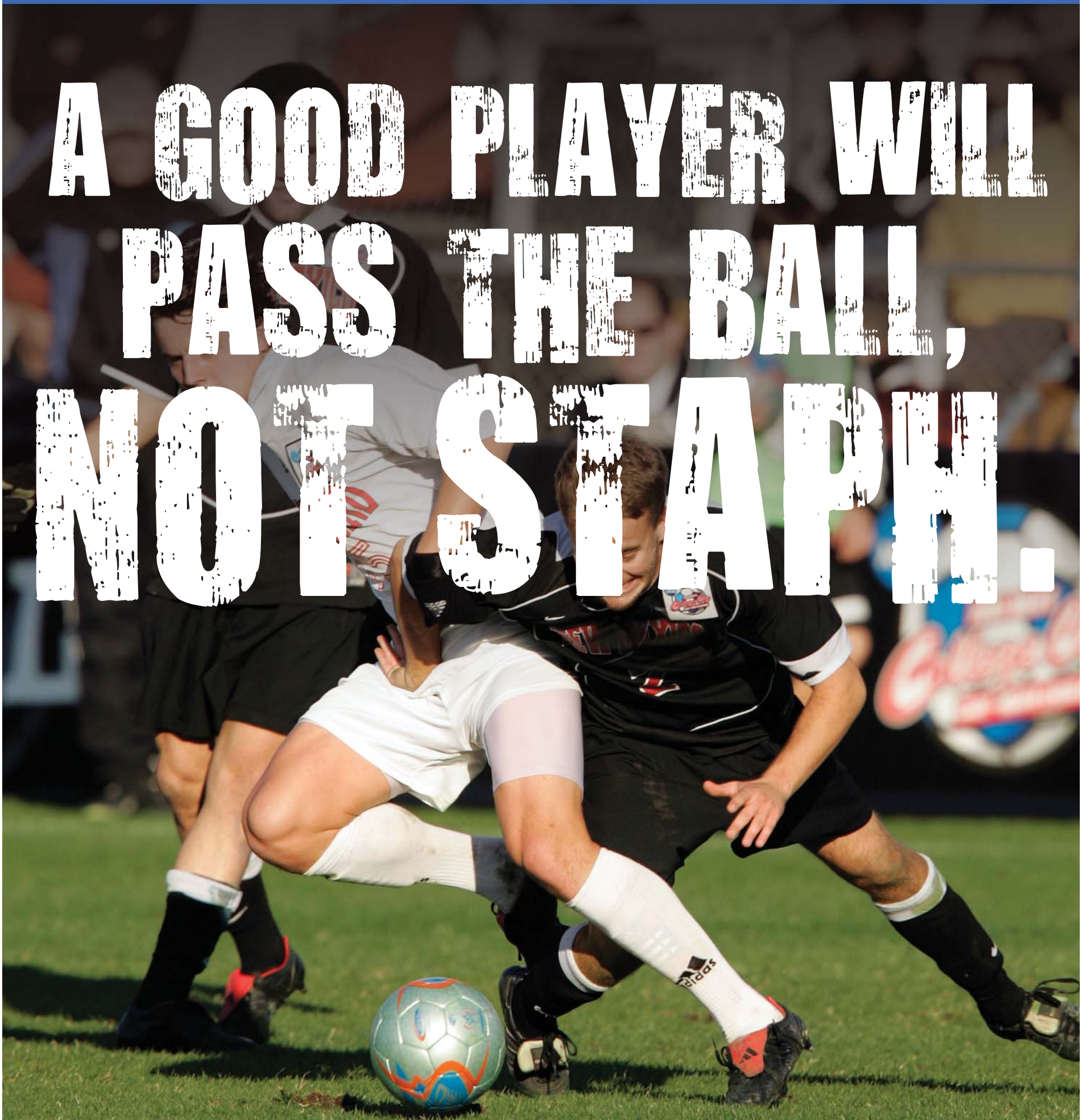


bandages always make the cut.

Practice good wound care: Keep cuts and scrapes clean and covered with a bandage until healed. Avoid contact with other people's wounds or bandages. Your health matters.



**A GOOD PLAYER WILL
PASS THE BALL,
NOT STAMP!**



Do not share personal items such as towels or razors.

**Wash your hands frequently.
Shower immediately**

after each practice and game.

Use clean towels each time you shower.

Laundry clothes and towels after each use.



BLOOD IS NOT PART OF YOUR UNIFORM.



Keep cuts and scrapes clean and covered
with a bandage until healed.

Avoid contact with other
people's wounds or bandages.

Wash your hands
before and after changing bandages.



WHEN IN DOUBT, CHECK IT OUT.



Report skin infections

to your athletic trainer, coach or team physician.

Recognize the signs of infections:
skin sores/lesions that have redness, pain, swelling or pus.

Don't treat yourself.

