

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

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