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# Unlock Your Skin's Health

**Staphylococcus (staph)** is a germ that causes boils (like a large, red, painful pimple that may have a white “head”) or other sores. The sores may burst and drain pus. Anyone with a sore that is draining pus can pass the germs to another person. Anyone with a sore that is draining pus can spread the germs to other parts of their own body. **Infections are not caused by spider bites!**

## If you have a boil or sore that is draining pus:

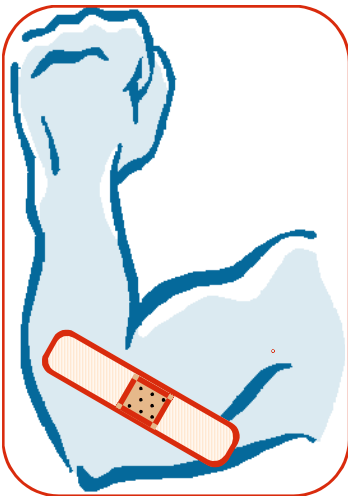
- Tell the jailer about your sore
- Ask to see a nurse or doctor
- Cover all draining sores with a bandage
- Wash hands with soap and water for at least 15 seconds before and after touching any sore or boil



**Do not “pop” or open any boil or sore.**

## Even if you do not have a draining boil or sore:

Wash hands with soap and water for **at least 15 seconds**



- Before eating
- After exercising
- After using the bathroom
- After sneezing, coughing, or blowing your nose

Take a shower every day

**Do not share soap, razors, toothbrushes, or towels**

Do not handle other cellmates' soap, razors, toothbrushes or towels

Do not use exercise equipment if you have a boil or sore

Keep toilet, shower, and sink in cell clean

Do not get tattoos in jail