

Stay in the Game!



Don't let a skin infection put you on the bench.

Stay Healthy!

- ✓ **Wash your hands often**
- ✓ **Shower after practice and games**
- ✓ **Don't share bar soap, towels and razors**
- ✓ **Wash practice clothes/uniforms after each use**
- ✓ **Keep nails clean & short**

**Report skin infections
to your coach**