

SERIOUS SKIN INFECTIONS CAN BE CONTRACTED THROUGH SIMPLE SCRAPES AND CUTS.



- Shower after practices and competition.
- Wash hands or use a hand sanitizer.
- Do not share towels, soap, razors, water bottles or athletic gear.
- Wash athletic clothing daily.
- Clean, disinfect and dry gear and gym bag.
- Cover cuts and abrasions with dressings.
- Avoid picking, squeezing or scratching scabs, abrasions, bumps or rashes.
- Avoid contact with someone else's wounds or bandages.
- Report skin infections.

Keep it Clean!



NORTH DAKOTA
DEPARTMENT of HEALTH

APIC DACOTAH PLAINS