

# 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