

# Don't let MRSA keep you on the sidelines!

## DO:

- Wash hands frequently with soap and warm water
- Shower everyday, especially after practices and competitions
- Tell your coach or school nurse about any skin infection
- Keep your fingernails short
- Cover cuts and scrapes
- Wash athletic gear daily

## DO NOT:

- Share personal care items such as towels, bar soap, razors, clothing, water bottles or athletic gear
- Pick, squeeze, or scratch scabs, scrapes, bumps or rashes
- Wear jewelry during practices or competitions

