

# Stay in the Game!



- ✓ 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

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

**Report skin infections to your coach**