

# ATHLETES – WHAT TO DO ABOUT YOUR SKIN INFECTION

 <p style="text-align: center;"><b>Wash your hands</b></p>	<p>For at least 15 seconds each time</p> <p>Use soap and warm water</p>	<p>After using the toilet</p> <p>After touching your skin infection</p> <p>Before eating</p>				
 <p style="text-align: center;"><b>Shower</b></p>	<p>Daily, and after your practice or game</p>					
 <p style="text-align: center;"><b>Change into clean clothes</b></p>	<p>After you shower</p> <p>When wound drainage gets on your clothes</p>					
 <p style="text-align: center;"><b>Use the laundry</b></p>	<p>Wash practice clothes, uniform, and towels after each use.</p>					
 <p style="text-align: center;"><b>Do not share personal items</b></p>	<p>Such as razors, towels, washcloths, or bars of soap</p>					
 <p style="text-align: center;"><b>Do not let others touch your infection</b></p>						
 <p style="text-align: center;"><b>Cover your wound</b></p>	<p>If your bandage comes off throw it away in a plastic container <i>and wash your hands</i>.</p> <p>Tell the athletic trainer that you need a new bandage.</p>					
 <p style="text-align: center;"><b>Warm soaks and compresses</b></p>	<p>You may be told to soak your skin infection in warm water or to apply a moist compress for 20 minutes at a time.</p> <p>Listen carefully to the instructions and do it just that way.</p> <p>If your infection begins to drain, report it to the athletic trainer or coach.</p>					
 <p style="text-align: center;"><b>Medication</b></p>	<p>Don't share medicine with anyone.</p> <p>Take all the medicine the doctor gives you.</p> <p>If you don't take all the antibiotics the doctor gives you, the germs causing your infection may start another infection.</p>					
 <p style="text-align: center;"><b>Report to the athletic trainer or coach IMMEDIATELY</b></p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;">If you develop:</td> <td style="width: 50%; vertical-align: top;">fever red streaks from the wound</td> </tr> <tr> <td style="vertical-align: top;">If your infection starts to:</td> <td style="vertical-align: top;">smell bad drain more</td> </tr> </table>		If you develop:	fever red streaks from the wound	If your infection starts to:	smell bad drain more
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