



GUIDELINES TO REDUCE THE RISK OF SKIN INFECTIONS

- ✓ Frequent hand washing, especially after using restroom, with soap/water
 - ✓ Shower immediately after practices/events
 - ✓ Keep finger nails short
 - ✓ Wash practice/game uniforms regularly
 - ✓ Wash practice/game equipment often
- ✓ DO NOT SHARE towels, razors, soap bars, equipment
 - ✓ Body shaving increases risk
- ✓ Avoid contact with other athlete's skin infections
- ✓ Cover all infected wounds with occlusive dressings
 - ✓ Perform frequent skin inspections of yourself
 - ✓ Report skin lesions to athletic trainer
- ✓ Keep abrasions covered all day with Band-Aid.
- ✓ Avoid antibiotic ointments (Neosporin, etc). Use Aquaphor
 - ✓ Cleanse all wounds regularly with soap and water
- ✓ Clean sports equipment, playing surfaces, locker facilities with 1:100 bleach and water solution or a bactericidal solution

Same day / next day physician appointments offered

St. Thomas Hospital Office
20 Olive St. #201

Hudson Office
5655 Hudson Dr. #200

Barberton Office
201 5th St. #14

Streetsboro Office
9318 State Rt. 14

1-888-7-SUMMA SPORT (Sports Medicine Physician Referral Line)

