

# Don't let infection

get under your skin.

**CUTS AND SCRAPES  
ARE PART OF THE GAME.  
TAKE CARE OF THEM  
PROPERLY.**

To avoid skin infections:

- Wash your hands frequently.
- Shower after playing sports; use a clean towel.
- Keep cuts and scrapes clean and covered with a bandage.

Tell your coach or athletic trainer if you think you have a skin infection.



Massachusetts Department of Public Health

[www.mass.gov/dph](http://www.mass.gov/dph)

October 2006