



# PREVENTING SKIN INFECTIONS: Tips for Taking Care of Your Skin

## KEEP IT CLEAN!

### To Avoid Skin Infections:

- Wash your hands frequently
- Shower with soap and water after playing sports and use shower shoes
- Use a clean towel
- Keep cuts and scrapes clean and covered with a bandage
- Signs and Symptoms of Skin Infections:
  - Marks on the skin that look like pimples or a spider bite
  - It may only be one spot or it may start to spread to the surrounding area
  - Contact your coach, athletic trainer or doctor immediately to prevent spreading

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

#### *INFECTIOUS SKIN DISORDERS IN ATHLETES*

*The skin serves as the major barrier to protect us from infections. When that barrier breaks down, as in cuts or abrasions, we are subject to a number of viruses, bacteria and fungi. Skin infections are most commonly seen in wrestlers, gymnasts and swimmers. These skin infections can be rapidly transmitted by teammates and opponents via the use of shared equipment and mats or skin-to-skin contact and locker room benches and tables. Recognizing these infections is imperative in slowing their spread and protecting your season.*

**For more information contact the Henry Ford Center for Athletic Medicine at (313) 972-4216.**

