

# PROTECT AGAINST SKIN INFECTIONS SUCH AS MRSA

## To avoid skin infections:

- Wash your hands frequently
- Keep cuts and scrapes clean and covered with a bandage
- Do not share personal items like towels, razors, or tweezers
- Tell your coach or trainer if you have a skin infection that does not seem to be healing properly or looks like a spider bite
- Clean and disinfect athletic equipment frequently



Public Health  
Prevent. Promote. Protect.

**THD**  
TULSA HEALTH  
DEPARTMENT

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