



Get Tough on Germs!

Preventing Staphylococcal Skin Infections Among Sports Participants

New Hampshire Department of Health and Human Services
Recommendations for School Athletic Teams

- Cover all wounds. If a wound cannot be covered adequately you should be excluded from practice or competitions.
- Shower and wash with soap after all practices and competitions.
- Report to your coach if there is not soap and hot water in the locker rooms.
- Do not share towels or any personal items (e.g., clothing, equipment, razors).
- Have your equipment cleaned frequently (e.g., helmets, pads, uniforms).
- Wipe down weight machines after each use with a disinfecting cleaner.
- Report skin lesions to coaches.



For more information visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5233a4.htm>



New Hampshire Department of Health and Human Services
Division of Public Health Services

