



## ASHLAND COUNTY - CITY HEALTH DEPARTMENT

110 Cottage Street  
Ashland, Ohio 44805-3311  
419-282-4246 419-282-4333 Fax  
[ashlandhealth@ashlandhealth.com](mailto:ashlandhealth@ashlandhealth.com)

Daniel R. Daugherty, M.D., *Health Commissioner* Al Sanders, B.S., R.S., *Administrator*  
*Equal Opportunity Employer / Provider*

## STAY IN THE GAME

**AS AN ATHLETE, YOU MAY BE AT RISK FOR SERIOUS SKIN INFECTIONS. KNOW HOW TO PROTECT YOURSELF.**

### Protect your skin

- **Keep scrapes, burns and wounds covered with waterproof bandages until completely healed.**
- **Don't use loofahs, netted sponges or other scrubbing items.**
- **Don't get any tattoos or piercings.**

### Keep yourself clean

- **Wash your hands often, including:  
BEFORE and AFTER practice  
AFTER using the restroom  
AFTER changing wound dressings**
- **When showering, wash sores last.**
- **Take clothes and towels home daily and wash in warm or hot water**
- **Shower immediately after training, practice sessions or a game.**

### Avoid catching something

- **Don't share:  
Razors  
Towels and washcloths  
Deodorant  
Bars of soap  
Towels during games or practice**
- **Don't use someone else's clothing, towels or equipment**
- **Wash your hands often and use hand sanitizers to kill germs**



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### HOW DO I KNOW IF I HAVE A SKIN INFECTION?

Some sores may get minor infections that will heal quickly. Common signs of skin infections include fever, pus, swelling, tenderness, or pain.

Serious infections can also look like a pimple, blister or seeping sore and can occur anywhere on the body.

### WHAT DO I DO IF I THINK I HAVE A SKIN INFECTION?

If you have any questions about any sore or injury, ask your parents, coach, and be evaluated by your family doctor.

#### STAPH (OFFICIAL NAME *STAPHYLOCOCCUS AUREUS*)

- Most common cause of skin infections
- Can be found on healthy skin
- Most infections are minor (such as pimples and boils).
- Can also cause serious infections, like surgical wound infections and pneumonia
- Some staph has become resistant to various antibiotics.
- One type of these bacteria are called methicillin-resistant Staph.aureus, or MRSA.
- Most staph bacteria and MRSA are susceptible to several antibiotics.
- Staph and MRSA can spread through close contact with infected people.
- MRSA is almost always spread by direct physical contact, and not through the air.
- Spread may also occur by touching objects (towels, sports equipment).