MRSA—Healthy Skin Tips for Athletes!

**DO:**
- Wash hands frequently with soap and warm water
- Shower everyday, especially after practices and competitions
- Tell your coach or school nurse about any skin infection
- Keep your fingernails short
- Cover cuts and scrapes

**DO NOT:**
- Share personal care items such as towels, bar soap, razors, clothing, water bottles or athletic gear
- Pick, squeeze, or scratch scabs, scrapes, bumps or rashes
- Wear jewelry during practices or competitions