

## Stay Healthy. Play Healthy

The followings are guidelines to help prevent the spread of disease, bacteria, viruses, and colds.

- ✓ Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- ✓ Keep cuts and scrapes clean and covered with a bandage until healed.
- ✓ Avoid contact with other people's wounds or bandages.
- ✓ Avoid sharing personal items such as towels or razors.
- ✓ Hang up all wet clothes, don't pile them into the locker or the book bag.
- ✓ Sanitize equipment such as helmets, pads, headgear at least once a week w/ alcohol, lysol, or some other type of disinfectant
- ✓ Sanitize your locker and wash your gym bag regularly.
- ✓ Get plenty of rest.
- ✓ Take a multivitamin.
- ✓ Drink plenty of water; water helps rid the body of toxins.

- ✓ Shower after competitions and practices. Hot water with soap. Pay special attention to the area's around the ears, neck, armpits, behind the knees, and inside of the elbow (area's of the body w/ creases).

Warnings:

- Staph infection warning signs include: swelling around a wound, boil, blistering and enlarged lymph nodes.
- Untreated staph infection can result in serious medical conditions including death.