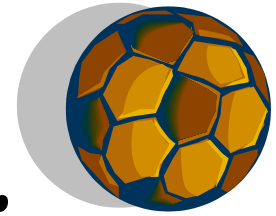




Putnam County Health Department
419-523-5608



KEEP ON PLAYING.....

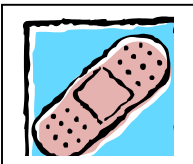
AS AN ATHLETE YOU MAY BE AT RISK FOR SERIOUS SKIN INFECTIONS. KNOW HOW TO PROTECT YOURSELF AND STAY IN THE GAME.....

ACROSS THE COUNTRY, OUTBREAKS INVOLVING SKIN INFECTIONS ARE BECOMING MORE COMMON IN GROUP SETTINGS. STAPH (STAPHYLOCOCCUS AUREUS) IS A TYPE OF BACTERIA THAT MAY CAUSE SKIN INFECTIONS THAT LOOK LIKE PIMPLES OR BOILS. SKIN INFECTIONS CAUSED BY STAPH MAY BE RED, SWOLLEN, PAINFUL, OR HAVE PUS OR OTHER DRAINAGE. SOME STAPH INFECTIONS KNOWN AS MRSA (METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS) ARE RESISTANT TO CERTAIN ANTIBIOTICS, MAKING IT HARDER TO TREAT.

THESE INFECTIONS ARE SPREAD BY SKIN-TO-SKIN CONTACT WITH SOMEONE WITH A STAPH INFECTION OR CONTACT WITH A SURFACE RECENTLY CONTAMINATED WITH DRAINAGE FROM AN OPEN SORE.

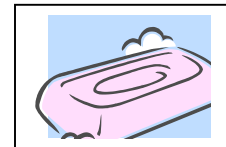
PROTECT YOUR SKIN:

- COVER SCRAPES BURNS AND WOUNDS WITH WATERPROOF BANDAGES UNTIL COMPLETELY HEALED.
- DO NOT USE LOOFAHS, NETTED SPONGES OR OTHER SCRUBBING ITEMS.
 - DO NOT GET TATTOOS OR PIERCINGS.



KEEP CLEAN:

- SHOWER IMMEDIATELY AFTER TRAININGS, PRACTICES OR GAMES.
- USE TOWELS, WASHCLOTHS, UNIFORMS AND CLOTHES ONCE, THEN LAUNDRER THEM IN WARM OR HOT WATER.
 - WHEN SHOWERING, WASH SORES LAST.



DON'T SHARE:

- DO NOT SHARE PERSONAL ITEMS SUCH AS; RAZORS, TWEEZERS, TOWELS, WASHCLOTHS, DEODORANT, BARS OF SOAP, ATHLETIC EQUIPMENT OR CLOTHING.

THE BEST DEFENSE

- PRACTICE GOOD HAND-WASHING WITH SOAP AND WATER OR USING AN ALCOHOL-BASED HAND SANITIZER.
 - TAKE DAILY SHOWERS & COVER WOUNDS.
- CLEAN ALL EXERCISE AND OTHER SHARED EQUIPMENT BEFORE AND AFTER USE.
 - LIMIT SKIN TO SKIN CONTACT.
- ATHLETES SHOULD REPORT SKIN SORES & LESIONS TO PARENTS, COACHES, TRAINERS AND DOCTORS.