



Tips for Athletes to Prevent Skin Infections

Athletes must shower after every practice and game. Antimicrobial soap and water should go over the entire body.

Avoid unnecessary cosmetic shaving (chest, back, stomach, etc) because it creates easy portal for infection.

All sports equipment should be cleaned daily with hot water and soap or a type of disinfectant wipe. Practice and game day clothing should be laundered after each use.

Additional equipment like sleeves or braces should be cleaned daily using the manufacture's guidelines.

Athletes should not share towels, athletic gear, water bottles, razors, hair clippers, soap etc.

Athletes with open wounds, scrapes, abrasions, cuts, and skin lesions should see the Pope John Sports Medicine Team immediately for proper cleaning and dressing.

Any diagnosed contagious infections must be promptly reported so the sports medicine team can properly manage other athletes.