Skin Disease Prevention Tips

1. Shower immediately after all practices/competitions
2. Shower daily with a medicated shampoo. This can help with the prevention of fungal infections such as ringworm
3. Wash all workout gear after practice
4. Don’t share towels or other personal hygiene items
5. Refrain from (full body) cosmetic shaving, as it can cause razor bumps and cuts that bacteria and fungi can invade
6. Don’t share water bottles
7. Keep cuts and abrasions properly covered (if in question, see an athletic trainer)
8. Report any suspicious skin lesion immediately to athletic trainers
9. Don’t use whirlpools or ice baths with any open wounds, scrapes or scratches
10. Shower before using whirlpools or ice baths
11. Keep fingernails cut short in order to prevent you from scratching yourself or your opponent. Use your own nail clippers.
12. Wash personal gear (knee pads, braces, knee sleeves) periodically
13. Do not share headgear
14. Disinfect your headgear daily:
   a. You can do this by first drying the sweat from your headgear and then wiping the inside/outside with an alcohol wipe
   b. You can also put it in the dishwasher; the water gets to an extremely high temperature and does a very thorough job of disinfecting your gear