
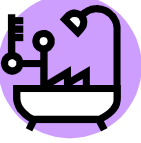









# Care of Your Skin Infection

 <p><b>Wash your hands</b></p>	<p>Use soap and water for at least 15 seconds:</p> <ul style="list-style-type: none"> <li>--after using the toilet</li> <li>--after touching your skin infection or bandages</li> <li>--before eating</li> </ul>
 <p><b>Bathe</b></p>	<p>Bathe at least once daily using soap and after all athletic practices and competition.</p>
 <p><b>Change into clean clothes</b></p>	<p>Change into clean clothes after all athletic practices and competition.</p> <p>Change clothes if wound drainage gets on clothes.</p>
 <p><b>Launder clothes and towels</b></p>	<p>Wash athletic uniforms and towels after each use.</p> <p>Use detergent and bleach as appropriate.</p> <p>Dry thoroughly.</p>
 <p><b>Do not share personal items</b></p>	<p>Do not let others use your personal items such as razors, nail clippers, clothing, towels, washcloths, bar soap, or deodorant.</p>
 <p><b>Keep wounds covered</b></p>	<p>Change your bandage if soiled with drainage. Place used bandages in a bag and discard in trash. Wash your hands.</p> <p>Do not let others touch your infection and do not squeeze or pop pimples or boils.</p>
 <p><b>Take antibiotics appropriately</b></p>	<p>Take medication exactly as prescribed.</p> <p>Complete entire course even if you feel better.</p> <p>Do not share medication.</p>
 <p><b>See your health care provider</b></p>	<p>Contact your health care provider if your skin becomes red, swollen, painful, or draining pus.</p>
 <p><b>Seek immediate medical attention</b></p>	<p>See your health care provider <i>immediately</i> if you have a fever, chills, red streaks from infected area, or drainage increases.</p>