
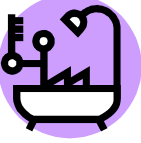









Care of Your Skin Infection

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|  <p>Wash your hands</p> | <p>Use soap and water for at least 15 seconds:</p> <ul style="list-style-type: none"> --after using the toilet --after touching your skin infection or bandages --before eating |
|  <p>Bathe</p> | <p>Bathe at least once daily using soap and after all athletic practices and competition.</p> |
|  <p>Change into clean clothes</p> | <p>Change into clean clothes after all athletic practices and competition.</p> <p>Change clothes if wound drainage gets on clothes.</p> |
|  <p>Launder clothes and towels</p> | <p>Wash athletic uniforms and towels after each use.</p> <p>Use detergent and bleach as appropriate.</p> <p>Dry thoroughly.</p> |
|  <p>Do not share personal items</p> | <p>Do not let others use your personal items such as razors, nail clippers, clothing, towels, washcloths, bar soap, or deodorant.</p> |
|  <p>Keep wounds covered</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>Take antibiotics appropriately</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>See your health care provider</p> | <p>Contact your health care provider if your skin becomes red, swollen, painful, or draining pus.</p> |
|  <p>Seek immediate medical attention</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> |