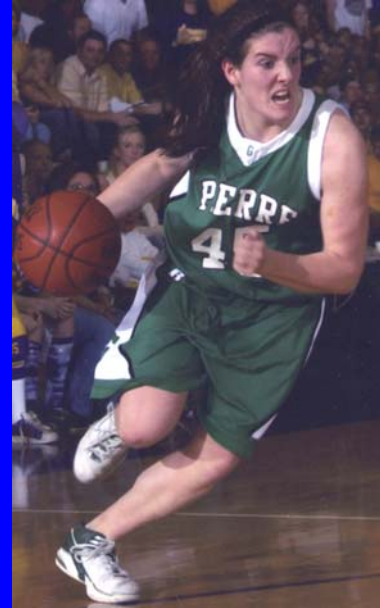


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  - Washing hands and showering with soap and water protects against skin infections, like *MRSA*.
  - Use a clean towel, don't share towels.
  - Keep cuts and scrapes clean and covered with a bandage.
  - Stay healthy to avoid skin infections.
  - Tell coach or trainer if you think you have a skin infection.



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