

# DEFENSE

## AGAINST INFECTION

# IS THE BEST

# DEFENSE

## FOR PROTECTION

Hand washing is the single most important behavior in preventing infectious disease!

### ATHLETES SHOULD USE THESE PROPER HAND WASHING TECHNIQUES:

1. **USE** warm water.
2. **WET** your hands and wrists using a bar or liquid soap.
3. **WORK** soap into a lather and wash between fingers, up to wrists, and under fingernails for at least 15 seconds.
4. **DRY**, using a clean cloth towel or paper towel.
5. **USE** alcohol-based hand sanitizers to wash hands immediately if they come in contact with any body fluid at the playing field or other places where hand-washing facilities are not available.

### Wash your hands as described above:

- After sneezing, blowing, or touching your nose.
- Before and after close contact or using the toilet.
- Before leaving the athletic area.

### OTHER PRECAUTIONS:

- **KEEP** your hands away from your nose and groin.
- **DO NOT** share clothing, pads, or other equipment.
- **DO NOT** share towels, soap, lotion or other personal care items, even on the sidelines at games.
- **SHOWER** with soap and water as soon as possible after direct contact sports.
- **DRY** using a clean, dry towel.
- **USE** a moisturizing lotion to prevent dry, cracked skin.
- **PREWASH** or rinse with plain water items that have been grossly contaminated with body fluids.
- **WASH** your towels, uniforms, scrimmage shirts, and any other laundry in hot water and ordinary detergent and dry on hottest possible cycle.
- **INFORM** your parents of these precautions if laundry is sent home.

**IF YOU THINK YOU HAVE AN INFECTION INFORM YOUR ATHLETIC TRAINER OR COACH AS WELL AS YOUR PHYSICIAN.**

