* SHOWER IMMEDIATELY
* **SCRUB HAIR WITH HEAVY DANDRUFF SHAMPOO DAILY**
* CHECK YOUR BODY DAILY
* CUT YOUR NAILS
* **TAKE WORK OUT CLOTHS HOME EVERY DAY TO WASH IN HOT WATER**
* WEAR CLEAN GEAR EVERY DAY
* NEVER SHARE GEAR
* COVER ALL WOUNDS
* KEEP SHOES CLEAN – ONLY WEAR ON THE MATS
* TELL YOUR COACH IF YOU HAVE:
	+ AN OPEN WOUND
	+ A WOUND IS FILLED WITH PUS
	+ A WOUND THAT HAS A GOLDEN CRUST
	+ A WOUND OR AREA THAT ITCHES
	+ AN ILLNESS

**NO PRACTICE GO TO YOUR DOCTOR IMMEDIATELY IF YOU SEE ANY OF THE FOLLOWING:**

**Ring Worm:** red ring, itchy, scaly **Impetigo:** blisters, golden crust sores

 

**Staph:** red, swollen, pus filled **Herpes Gladitorium:** clusters of blisters

 