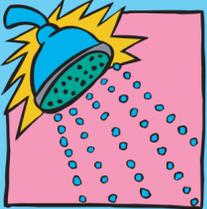


What to do About Your Skin Infection



Wash your hands

Use soap and warm water for at least 15 seconds each time or an antiseptic hand sanitizer.
Before eating.
After using the toilet.
After blowing or touching your nose.



Shower daily using soap

Do not use loofahs, sponges, or body poufs for bathing.
If bandage gets wet, replace it.



Change into clean clothes

After your shower.
If pus gets on your clothes.



Wash clothes after each use

uniform, practice clothes, underwear, towel, and washcloth.



Do Not share personal items

Such as clothing, equipment, lotions, razors, make-up, nail clippers, towels, washclothes, or bars of soap.



DO NOT Let Others Touch Your Infection. Never Squeeze or POP boils! This will spread infection!



Keep it covered

Keep cuts and scrapes clean and covered with a bandage. If your bandage comes off, throw it away in a plastic bag and wash your hands. Tell the athletic trainer, coach, or school nurse that you need a new bandage.



Soak

Soak the infected area in warm water or with a warm, moist cloth 2-3 times each day for 20 minutes at a time. If or when draining (pus) begins, ask for a clean dry bandage. Whirlpools, Hot tubs, and swimming pools should not be used until your wound heals.



Medication

Don't share medication with anyone. FINISH all the antibiotics the doctor prescribes for you, the last few pills kill the toughest germs.



Report to the athletic trainer, school nurse, coach or medical doctor IMMEDIATELY.

If you have fever or chills.
If you see red streaks radiating from the infected area.
If your infection starts to smell bad.



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