

**Kiski Area School District**  
**STRATEGIES TO PREVENT INFECTIONS**  
**In Student Athletes**

7/05

**HAND WASHING IS THE SINGLE MOST IMPORTANT BEHAVIOR IN PREVENTING INFECTIOUS DISEASE.**

**Wash your hands with soap and water for at least 15 seconds (or use an alcohol-based sanitizer)**

- After sneezing, blowing or touching your nose
- After using the toilet
- Before and after a game or practice

**Other Precautions**

- Shower with soap and water as soon as possible after direct contact sports
- Dry using a clean, dry towel
- Do not share equipment, towels, soap or any personal care items
- Do not share towels or drink containers on the sidelines during a game or practice
- Do not share ointments, balms, or antibiotics
- Keep your hands away from your nose, mouth, and eyes
- Wash towels, equipment, practice uniforms and any other laundry daily in hot water and detergent
- **Report any skin rash, boil, abrasion, wound or turf burn promptly to the athletic trainer/coach and to your parent**
- Keep all skin wounds completely covered with a bandage

**Symptoms of a Skin Infection**

- Purulent drainage (pus)
- Tenderness, redness or swelling
- Area is warm to the touch
- Fever

**Care and Treatment of Bacterial Infection**

- Consult your doctor
- Tell your doctor that you are an athlete
- Take all antibiotics as prescribed by your doctor, even if the infection seems to have healed
- Inform your doctor, trainer and parent if the wound is not improving
- Keep the wound covered at all times until completely healed
- Bring a doctor's note to the trainer indicating your diagnosis and treatment plan

(The above information is taken from the Center for Disease Control and the Allegheny County Health Department guidelines.)