

Hygiene

Protect:

- Shower with soap and water immediately after athletic activity
 - dry yourself completely
- Wash your hands with soap and warm water on a regular basis
- Cover mouth and nose when sneezing/coughing, wash your hands after
- Do not share toiletries, athletic equipment, water bottles
- Clean and cover open wounds/skin conditions before and after activity

Prevent:

- Wash daily soiled gear, including practice gear, under layers, outerwear
- Wipe down frequently touched surfaces with EPA-registered cleaners
- Wear a layer of clothing between your body and sports equipment
 - preferably fast-drying or self-wicking material
- Remove all sports equipment from sports bags daily and hang to dry
- Spray down helmets, pads, and gloves with a disinfecting spray
 - after each practice/game

The Benefits of Good Hygiene:

- Promotes a positive and healthy self-image
- Elevated personal health and immune system
- Prevents the spread of bacteria and virus
- Fewer visits to the doctor/dentist could mean lower health care costs
- Clothes and Equipment Cleanliness helps equipment last longer



Shower

- Daily, especially after activity
- Dry yourself completely after showering

Handwashing

- 20 seconds of continual rubbing uses friction to break down bacteria

Equipment / Bags

- Can harbor harmful bacteria
- Dry out equipment and open sports bags to air out

Risk Factors

Skin infections, viruses, and diseases can be spread through soiled clothing and gear. These risk factors can be spread from skin-to-skin contact also.