Spread Your Team Spirit, Not Your Germs

WASH YOUR HANDS

Wash your hands frequently with soap and water for 20 seconds. You can use alcohol-based hand sanitizer if hands are not visibly dirty or soap and water is not available.

SHOWER AFTER SPORTS

Remember to shower after participating in sports activities or after sharing sports equipment.

DON'T SHARE HYGIENE ITEMS

Never share personal hygiene items including soap, towels, brushes, or clothing.

KEEP IT COVERED

Keep all cuts, scrapes, wounds, and burns clean and dry.

KEEP IT DRY & CLEAN

Keep all wounds properly covered with a bandage until they heal.

STAY HOME WHEN SICK

Stay home when you have fever, vomiting, or diarrhea. Don't go to practice or games when you are sick.

Adapted from materials created by the American Academy of Pediatrics.

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health

For more information, call or visit us on the web:

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