

Infection Prevention

Several steps can be taken to prevent antibiotic resistant infection in the locker room or gym:

- **Wash** hands frequently especially after Using equipment or spaces
- **Don't** share personal items such as towels, washcloths, razors, clothing, uniforms or helmets/protective gear
- **Shower** immediately using soap and warm water after any practice, game or match
- **Wash** all clothing after each use
- **Wipe** down non-washable gear, such as helmets with alcohol after each use
- **Gym mats** and other equipment should be wiped down with antibacterial solutions before and after use
- **Wash** any cut or break in the skin with soap and water and apply a clean bandage daily and after participating in sports