

In the Locker Room

Harmful infections can be contracted through simple scrapes or cuts. Prevention can reduce your risk.



Your Local Distributor

Multi-Clean®
Your Guide to Clean!

Protect against skin infections.

- ✓ **Shower using soap after all practices and competitions.**
- ✓ **Wash hands regularly with soap and water, especially after using the restroom.**
- ✓ **Refrain from sharing towels, razors, water bottles, and daily athletic gear.**
- ✓ **Wash athletic gear regularly.**
- ✓ **Cover cuts and abrasions.**
- ✓ **Avoid picking, squeezing or scratching scabs, abrasions, bumps or rashes.**
- ✓ **Keep your nail tips less than 1/4 inch long; remove jewelry to avoid scratches.**

Tell your coach or athletic trainer if you think you may have a skin infection.