

## **PREVENTING THE SPREAD OF INFECTION IN PHYSICAL EDUCATION CLASSES AND FOR FUSD ATHLETES:**

### **A. General Measures**

- Keep hands clean by washing—thoroughly and properly—with soap and water.
- Keep cuts and abrasions clean and covered with proper dressing until healed.
- Avoid contact with other people's wounds, or with material contaminated from wounds.
- Wash hands—thoroughly and properly—before eating, after playing outdoors, after playing with pets, after using the bathroom, and after blowing your nose.

### **B. Preventive Measures for athletic programs/activities**

- Practice universal precautions: Treat all bodily fluids and open wounds as if they were infectious. DO NOT TOUCH!
- Wear proper skin and eye protection whenever there is a risk of exposure or infection. Keep open wounds covered and notify your coach/ teacher if you have any infection on your skin.
- Properly dispose of materials used to treat an injury or wound, or that otherwise come in contact with it.
- Shower after practice, after competition, and prior to using communal whirlpools.
- Do not share towels, and wash towels after each use.
- Wear shower clogs or similar footwear in locker rooms at all times including the shower areas .
- Clean mats, weight benches, training equipment, and other surfaces before and after each use.
- Treat minor abrasions and superficial wounds with soap and water, topical antibacterial lubricant preparations, and bandaging, as necessary.
- Protect water bottles, drinking hoses, ice buckets, and ice machines against contamination. Examples: " use drinking fountains designed so that water does not drop from a drinker's mouth back to the water source;
  - Use individually owned, name-labeled water bottles when possible (bottles should not be shared)
  - No hand contact with ice in ice chests, use a scooper
  - If using squirt bottles do not put your mouth on or around the straw
- Do not share clothing and personal athletic equipment.
- Launder practice clothing daily, and sanitize daily any equipment that directly touches the skin (such as wrestling headgear).