



**Stay Army Strong:
Win the Battle Against MRSA!**

PREVENT SKIN INFECTIONS

Prevent skin infections:



- Clean hands with soap and water or alcohol-based hand cleaners
- Keep cuts, scrapes and blisters (no matter how small) clean and covered with a bandage until healed
- Do not share personal items such as towels, razors and uniforms
- Wash dirty uniforms and towels with laundry detergent and dry in the dryer
- Avoid contact with other people's wounds or bandages
- Clean exercise equipment between each user
- Shower after physical activity
- If you think you have a skin infection, then notify an instructor and seek medical attention
- Always look after your fellow Soldiers

U.S. Army Public Health Command

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