# STAY PROTECTED

## Preventing Common Skin Conditions in Sports

Athletes often get skin diseases due to environmental factors, skin trauma, close quarters and sometimes poor hygiene. The three types are fungal, viral and bacterial. If you suspect a skin infection in yourself or another person, see a physician promptly for treatment options.

### FUNGAL INFECTIONS

Caused by dermatophytes, fungi living in soil and on people and animals.

**Tinea capitis:** Scalp fungus causes gray, scaly patches and may produce mild hair loss.
**Tinea corporis (ringworm):** A fungal **body** infection with a ring-shaped appearance.
**Tinea cruris (jock itch):** A **groin** fungal infection with sharply defined red patches.
**Tinea pedis (athlete's foot):** A **foot** fungal infection appearing as red scales.

### VIRAL INFECTIONS

Due to herpes simplex virus and molluscum contagiosum virus.

**Herpes simplex virus:** Painful, recurring infection with clusters of small fluid-filled sacs on red skin.
**Molluscum contagiosum:** A very contagious poxvirus infection with smooth, flesh-colored domed bumps that have a central depression.

### BACTERIAL INFECTIONS

Caused by several gram-positive streptococcus and staphylococcus aureus (staph a.) strains.

**Impetigo:** A staph a. infection, often on the face, with thin-walled fluid sacs that burst to form a honey-colored crust.
**Folliculitis:** A surface hair-follicle infection with redness and fluid- or pus-filled sacs at the base of hair follicles.
**Furunculosis:** A deeper hair-follicle infection with inflamed nodules that release fluid.
**Carbunculosis:** Furunculosis nodules merge into larger nodules.
**Methicillin-resistant staphylococcus aureus (MRSA):** A specific acquired gene makes this staph a. strain resistant to common antibiotic treatment. It resembles other bacterial infections, with small pustules and abscesses, and is often mistaken for a spider bite.
**MRSA is highly contagious. Anyone with suspected MRSA should be isolated at once and seen by a physician.**

## BASICS OF SKIN DISEASE PREVENTION

Practice good hygiene: wash hands often and shower after each sports activity.



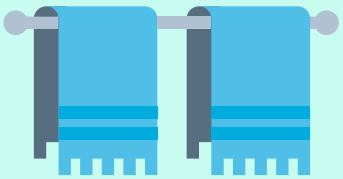
Clean hands and body with antimicrobial soap.



Avoid shaving your body for appearance.



Never share towels, sports gear, water bottles, disposable razors or hair clippers.



Wash and/or disinfect all clothing and sports gear each day.



Skip whirlpools and shared tubs with any open wound, scrape or scratch.



Check skin daily. Report suspicious areas such as abrasions, cuts or lesions to your athletic trainer or physician.



*Source and infographic: National Athletic Trainers' Association*