

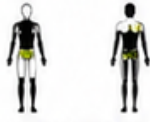
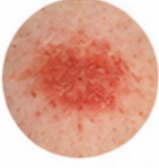
HOW TO IDENTIFY COMMON SKIN INFECTIONS

kleen.
CLEAN CARE FOR ACTIVE BODIES.

EARLY DETECTION. QUICK ACTION. HEALTHY COMMUNITY.

Skin infections can spread quickly in close-contact sports like jiu jitsu.

Know what to look for. When in doubt, get it checked out.

INFECTION	WHAT IT LOOKS LIKE	COMMON AREAS	WHAT TO DO
 RINGWORM (TINEA)	• Red, itchy, circular rash • Raised, scaly edge • Clearer skin in the centre	 Arms, legs, torso, back	 Keep the area clean and dry. Use anti-fungal treatment. Avoid training until cleared.
 STAPH (STAPHYLOCOCCUS)	• Red, swollen bumps • May look like pimples or boils • Can ooze pus or crust over	 Anywhere on the body	 Keep clean and covered. Seek medical treatment. Do not share gear or towels.
 IMPETIGO	• Red sores or blisters • Honey-colored crust • Itchy and may spread quickly	 Face, around mouth, nose and neck	 Keep clean and covered. Seek medical treatment. Avoid training until cleared.
 FOLLICULITIS	• Red bumps or pustules • Often around hair follicles • May be itchy or sore	 Arms, legs, buttocks, scalp	 Keep clean and avoid shaving irritated areas. Use antibacterial wash.
 MAT BURN	• Red, raw abrasion • May sting or feel sore • No ring shape	 Hands, knees, elbows, hips, shins	 Clean the area thoroughly. Keep covered. Allow time to heal.
 HERPES SIMPLEX	• Cluster of small blisters • Painful or tingling sensation • Usually around mouth or genitals	 Face, genitals, buttocks	 Seek medical advice. Avoid training during outbreaks. Keep the area covered.



**WHEN IN DOUBT,
CHECK IT OUT.
YOUR TEAMMATES
WILL THANK YOU.**

REMEMBER:

- ✓ Good hygiene protects everyone.
- ✓ Shower after training.
- ✓ Wash your gear regularly.
- ✓ Don't train with an infection.
- ✓ Speak up and look out for your teammates.



LEARN MORE & ACCESS RESOURCES:
[KLEEN.HEALTH/RESOURCES](https://kleen.health/resources)



TOGETHER WE BUILD
A STRONGER COMMUNITY.