

# WHAT TO DO IF YOU SUSPECT STAPH

**kleen.**  
CLEAN CARE FOR ACTIVE BODIES.

EARLY ACTION PROTECTS YOU AND YOUR TEAMMATES.

Staph (Staphylococcus) is a common bacteria that can cause skin infections.

**If you think you have it, follow these steps immediately.**



## 1. CHECK YOUR SKIN

Look for red, swollen bumps, pimples, boils or sores that may be painful, oozing pus or have a honey-colored crust.

### WHY IT MATTERS

Early detection helps prevent the infection from spreading to others and getting worse.



## 2. STOP TRAINING

Do not train if you suspect staph. Avoid all contact with teammates until cleared.

### WHY IT MATTERS

Staph spreads easily through skin-to-skin contact and shared gear or surfaces.



## 3. CLEAN THE AREA

Gently wash the area with soap and water. Do not squeeze, pick or pop any sores.

### WHY IT MATTERS

Proper cleaning helps reduce bacteria and prevents the infection from worsening or spreading.



## 4. SEEK MEDICAL ADVICE

See a doctor as soon as possible. You may need antibiotic treatment.

### WHY IT MATTERS

Staph often requires antibiotics to clear. Delaying treatment can lead to complications and longer recovery.



## 5. WASH EVERYTHING

Wash your gi, rash guard, towels, clothes and bedding in hot water. Clean and disinfect your gear.

### WHY IT MATTERS

Staph can live on fabric and surfaces. Washing and disinfecting helps remove bacteria and prevents re-infection.



## 6. RETURN ONLY WHEN CLEAR

Return to training only when your skin is fully healed and you have been cleared by a doctor.

### WHY IT MATTERS

This protects your teammates and helps stop staph from spreading in the gym.



**WHEN IN DOUBT,  
GET CHECKED OUT.  
DON'T RISK IT.**

### SIGNS OF INFECTION THAT NEED URGENT ATTENTION:

- Fever or chills
- Increasing redness, swelling or pain
- Red streaks around the area
- No improvement after a few days of treatment

**Seek medical attention immediately.**



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



TOGETHER WE BUILD  
A STRONGER COMMUNITY.