

Increase your heart rate—not your risk of a skin infection

Trust me, you don't want a MRSA infection

DO NOT:

- Share personal items such as towels, bar soap, razors, clothing, or water bottles
- Participate in gym activities if you have cuts, sores, or wounds that are draining and can not be covered



www.cmchealth.net

DO:

- Wash hands with soap and warm water before and after your workout
- Cover any cuts or open sores with clean, dry bandages
- Use a towel or wear clothing that acts as a barrier between skin and exercise equipment
- Wipe surfaces of equipment before and after use
- Shower after you've finished your workout



To receive information on public health issues and local events, "like" the Cape May County Department of Health on Facebook

