



Skin Infection Prevention and Acknowledgment

Skin infections in wrestlers are common but can be prevented with some prevention practices and hygiene routines. Below you will find some helpful information and prevention methods on the two most common skin infections wrestlers encounter, Ringworm and Impetigo.

Prevention Methods:

- Wrestlers should shower as soon as possible following practice if showers are not immediately available. Defense wipes are a good option until a shower can be taken.
- Gear should be wiped down following practice with antibacterial and/or Defense wipes.
- Store shoes separately from other wrestling gear and clothing. Most wrestling bags have a separate bottom compartment, this is for their shoes.
- Routine skin checks, most common area for these infections in wrestlers is on the face, scalp, arms, and neck due to the nature of the sport. If you notice any spots, notify a coach and get to the doctor.
- The beginning stages of many infections look similar to a “spider bite” in most cases these are not actually spider bites and can progress into severe skin infections such as abscesses and cellulitis. The sooner these are identified the quicker the patient receives the best treatment and the athlete can get well, as well as play as safely as possible.

Recommended products:

<https://shop.defensesoap.com>

Ringworm

What: A fungal infection that can present on the body, feet or scalp

Possible Symptoms:

- Redness in an area on the skin with a darker red perimeter almost like a Ring
- Flaky reddened skin
- Rash
- Raised spots or pimples
- Itchy

How to contract:

- Skin – to – skin contact
- The organism on inanimate objects such as shoes, knee pads, headgear, mats, weight room equipment, towels, bar soap, razors, etc.

Impetigo

What: a contagious skin infection caused by the bacteria linked to strep throat and staph infections

Possible Symptoms:

- Red sores. Sores often pop and leave a yellow discharge and yellow crust.
- Itchy sores/rash
- Skin Lesions
- Fluid-filled blisters
- Adenopathy (swollen lymph nodes)

How to contract?

- Skin – to – skin contact from people with infected wounds or sores
- Through mucus from the nose or throat – sneezing or coughing.
- The bacteria may also be spread through people who do not currently have symptoms but do carry the bacteria in their throat, mucus, or on their skin.
- Bacteria on inanimate objects such as shoes, knee pads, headgear, mats, towels, bar soap, razors, etc.
- Open wounds with improper hygiene/care

Molluscum Contagiosum (poxvirus)

What: a viral infection

Possible Symptoms:

- Skin lesions or growths known as Mollusca. Lesions are usually skin tone, white, or pink in color. Lesions may appear anywhere on the body. These lesions usually have a dimple or pit in the center, are usually hard and smooth, and are about 2-5mm long.
- Itchy, sore, red, or swollen Mollusca are common
- These Mollusca may appear along or in clusters.
- Many times there are no symptoms

How to contract?

- Skin – to – skin contact
- Objects and equipment can be contaminated with the virus. Examples include clothing, headgear, mouth pieces, knee pads, mats, towels, shoes, razors, bars of soap, etc.
- A person who has molluscum can spread it on their own body by touching or scratching a Mollusca then touching another part of their body.
- Molluscum contagiosum cannot spread through coughing or sneezing. This virus is contained to the skin and is not systemic (it does not run through the entire body)
- Since the virus is only on the top layer of skin once the Mollusca's are gone the virus is gone

Herpes Gladiatorum (Herpes Simplex)

What: a very contagious viral infection that unfortunately, once an individual is infected with the herpes virus the virus is not rid from the body and the infection can recur

Possible Symptoms:

- First time infections are usually more severe and often last longer than recurrences.
- First time infections often included:
 - Pharyngitis (sore throat)
 - Fever
 - Adenopathy (swollen lymph nodes)
 - Vesiculopapular lesion (sores, papules, collection of fluid to form vesicles – small fluid-filled sacs)
 - Malaise (uneasiness – feeling fatigued or “not right”, these are common symptoms during incubation period of an infection)
- Typically, a recurrent infection will include typical vesicuopapular rash. In most instances, other symptoms are minimal in the patient with recurrent herpes rash

How to contract?

- Skin – to – skin contact

I acknowledge that I have read the above information.

Participant Name(s): _____

Responsible Party Signature: _____

Print Name: _____ Date: _____