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DON'T GIVE BACTERIA A FREE RIDE.

WASHING YOUR HANDS
WITH SOAP AND WATER
IS ONE OF THE BEST WAYS
TO PREVENT DISEASES.



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NO SAQUE DE PASEO A LAS BACTERIAS

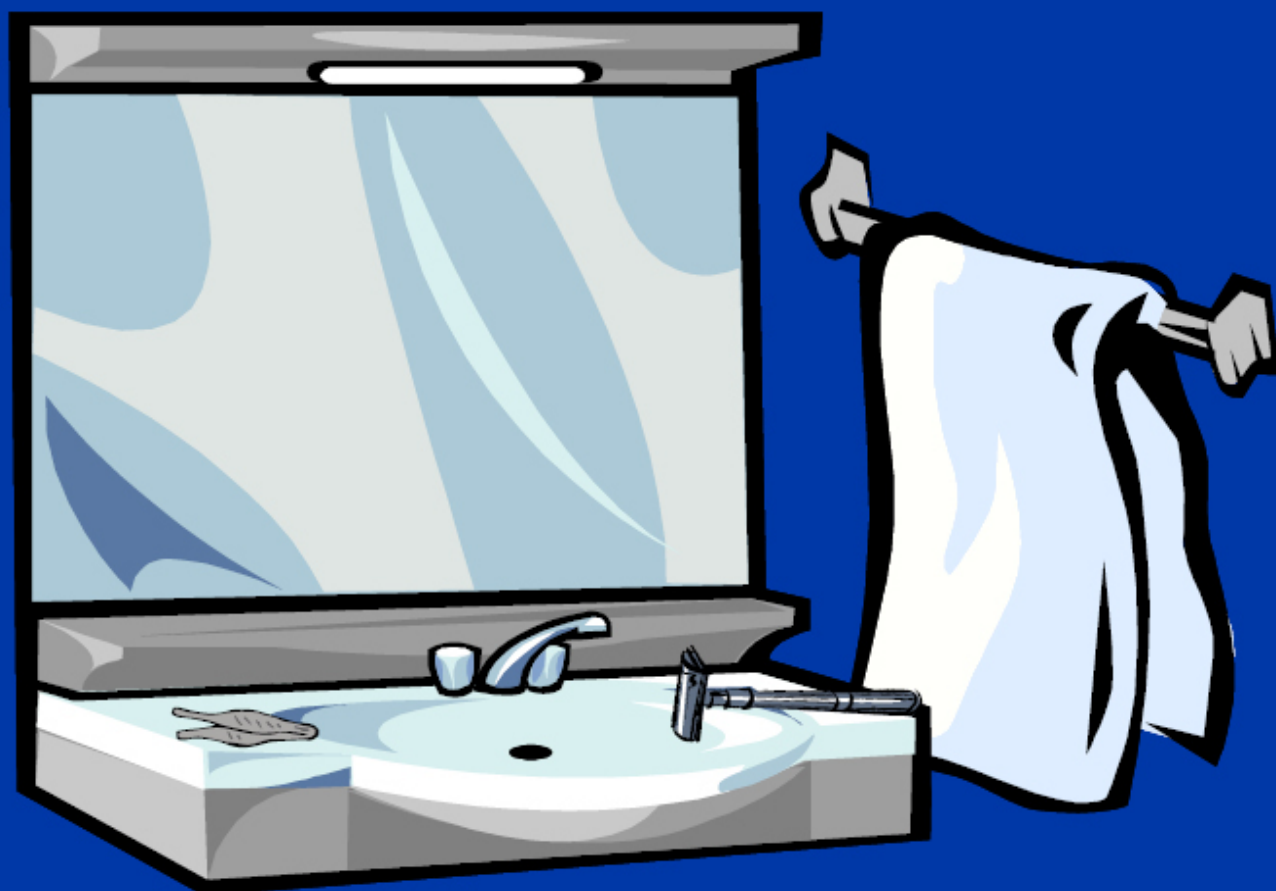
**LAVARSE LAS MANOS
CON AGUA Y JABÓN ES
LA MEJOR MANERA DE
PREVENIR LAS
ENFERMEDADES**



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SHARING ISN'T ALWAYS CARING.

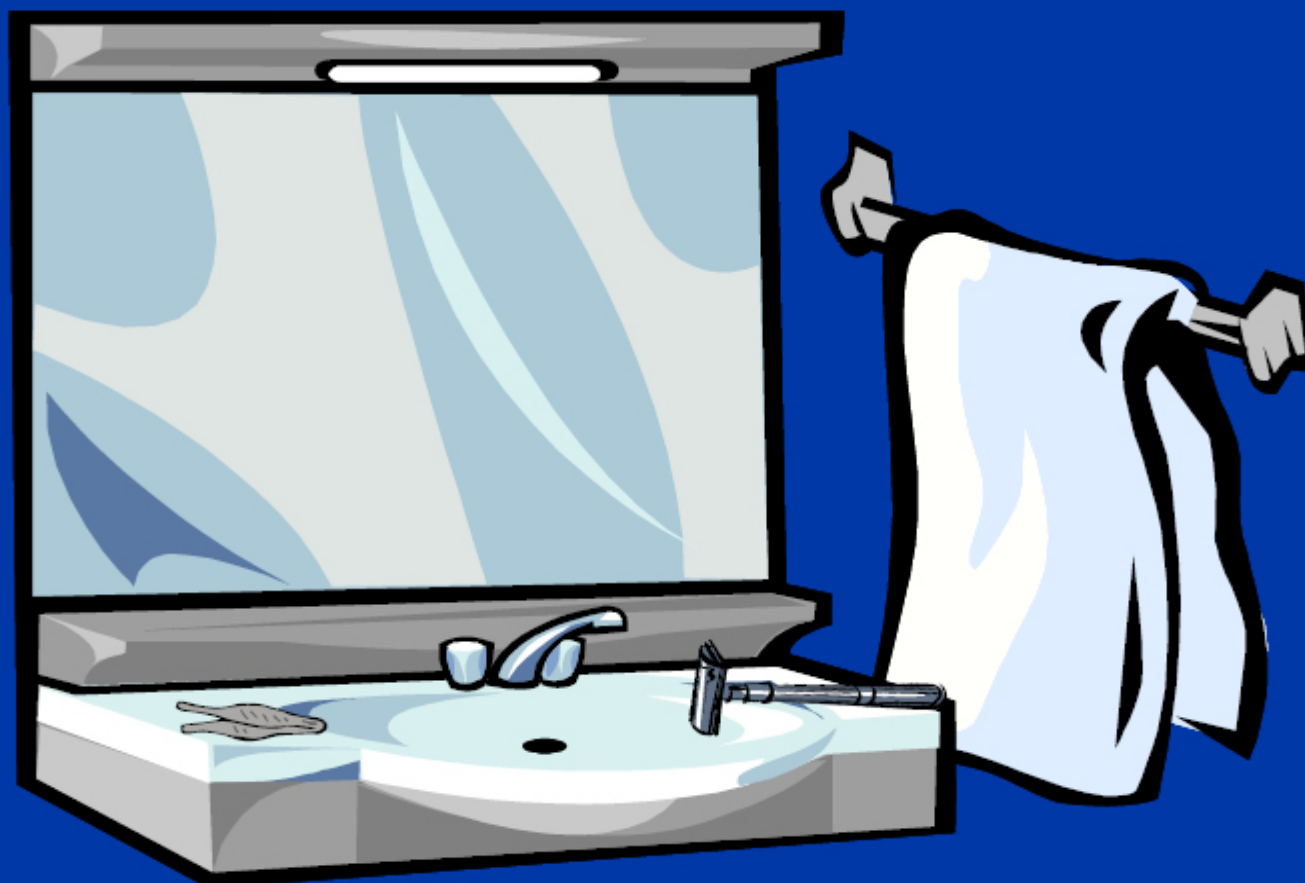
SHARING PERSONAL
ITEMS LIKE TOWELS,
RAZORS, OR TWEEZERS
CAN SPREAD DISEASES.



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COMPARTIR NO SIEMPRE ES BUENO

COMPARTIR ARTÍCULOS
PERSONALES COMO
TOALLAS, AFEITADORAS O
PINZAS AYUDA A PROPAGAR
LAS ENFERMEDADES



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WHEN IN DOUBT, CHECK IT OUT.



Report skin infections

to your athletic trainer, coach or team physician.

Recognize the signs of infections:
skin sores/lesions that have redness, pain, swelling or pus.

Don't treat yourself.



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