

PREVENTING SKIN INFECTIONS IN COMBAT SPORT ATHLETES

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What type of skin infections are common among combat sport athletes?

- Fungal (ringworm): On the body, scalp, feet
- Bacterial: Impetigo, Methicillin-resistant staphylococcus aureus (MRSA)
- Viral: Herpes simplex

How are these skin infections spread?

- *Direct transmission:* Fungi, bacteria, and viruses can be spread through skin-to-skin contact.
- *Indirect transmission:* Skin contact with contaminated surfaces such clothing, shoes, hats, headgear, knee pads, gloves, shin guards, hair ties, towels, equipment, mats, seats, water bottles, toys, phones, tablets, headphones, and books.
- Poor hygiene, broken skin, unclean surfaces, and hot environments can contribute to the spread of fungi, bacteria, and viruses.

What should I do if I think I have a skin infection?

- Notify coaching staff immediately!
- Coaches may recommend that you visit a dermatologist, a medical doctor specializing in the care of skin. The dermatologist will be able to properly diagnose and treat skin infections.
- Depending on the severity of the skin infection, coaches may recommend that you receive medical clearance prior to returning to practice.

Ringworm of the body (Tinea corporis)



Ringworm of the scalp (Tinea capitis)



Ringworm of the foot (Tinea pedis)



Impetigo



MRSA



Herpes Simplex

