

CENTRAL

COMBAT SPORTS

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SKIN INFECTION GUIDELINES

Wrestlers and BJJ practitioners are prone to skin infections due to the close physical contact and potential for skin abrasions during training and matches. Recognizing and immediately treating these infections are crucial to preventing transmission.

RINGWORM *fungal*



Appearance: Circular, red, scaly patches. The outer edge might be raised and very itchy, and the center may be clear.

Treatment: Topical antifungal ointment from a pharmacy or prescribed by a doctor. Keep the area clean and dry.

IMPETIGO *bacterial*



Appearance: Itchy red sores that quickly turn into blisters and form a yellow-brown crust. Usually found on the face and limbs.

Treatment: Gently clean the infected area with soap and water. Apply antibiotic ointment as prescribed by a doctor.

HSV-1 *viral*



Appearance: Cold sores or cluster of fluid-filled blisters that can break open. Usually found on the lips, face, neck, and shoulders.

Treatment: Antiviral medications may be prescribed by a doctor or pharmacist to manage symptoms.

STAPH *bacterial*



Appearance: Red, swollen, and painful bump with pus or drainage. Can lead to larger boils or abscesses.

Treatment: See a doctor for diagnosis. Mild cases may be treated with topical antibiotics. Severe cases require oral antibiotics.

If you suspect you have one of these skin infections, tell your coach and see a doctor or pharmacist for treatment. Avoid training until your symptoms are gone. Each of these infections can be typically resolved within one week.