

Skin Conditions in Athletic Populations

Types of Skin Conditions

- Skin conditions originate from bacterial, viral, fungal, and parasitic infections.
- Each of these infections will present various signs and symptoms if contracted.
- These conditions will be treated differently depending on the infectious agent.

Identification

- Skin conditions require a clinical diagnosis by a physician or dermatologist.
- The images below provide a visual representation of common skin diseases.

Ringworm



Impetigo



Scabies



Herpes Simplex



MRSA



Wart



Prevention

To prevent skin infections, active individuals should practice proper hygiene habits:

- Avoid sharing combs, shaving razors, water bottles, and athletic apparel.
- Launder or disinfect used athletic clothing and equipment.
- Shower after general physical activity, sport practices, and competitive events.
- Use hospital board-spectrum disinfectants to clean athletic and workout facilities.

Treatment

If an individual has a skin disease, common medical treatments may consist of:

- Topical antibiotics for localized skin lesions caused by bacteria and fungi.
- Physical or surgical removal of skin lesions that are not treatable with antibiotics.
- Systemic medications (oral or injectable) for long-term and uncontrolled skin infections to prevent further spreading.
- Skin infections are best treated when identified sooner by a healthcare professional.

MarinHealth Resources

If you suspect they may have a skin infection, please contact your primary care physician or the MarinHealth Referral Line [1-888-996-9644](tel:1-888-996-9644) for information about approved MarinHealth dermatologists in your area.