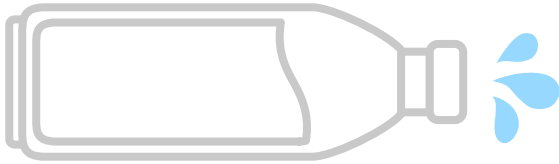


ATHLETE WATER BOTTLE CARE



Your mouth and hands contain billions of bacteria that can become trapped in or on your water bottle and make you sick. Cleaning your water bottle each day after practice will help you stay healthy!

HAND WASHING YOUR BOTTLE

1. Use antibacterial dish soap and warm water.
2. Use a bottle brush to scrub the inside.
3. Soak the lid in warm water and dish soap.
4. Rinse thoroughly and air dry over night.
5. Repeat each night after you get home from your practice or game.

Check the label to see if your bottle is dishwasher safe. Putting stainless steel bottles such as Hydroflask or Thermoflask in the dishwasher is not recommended.