After playing sport...
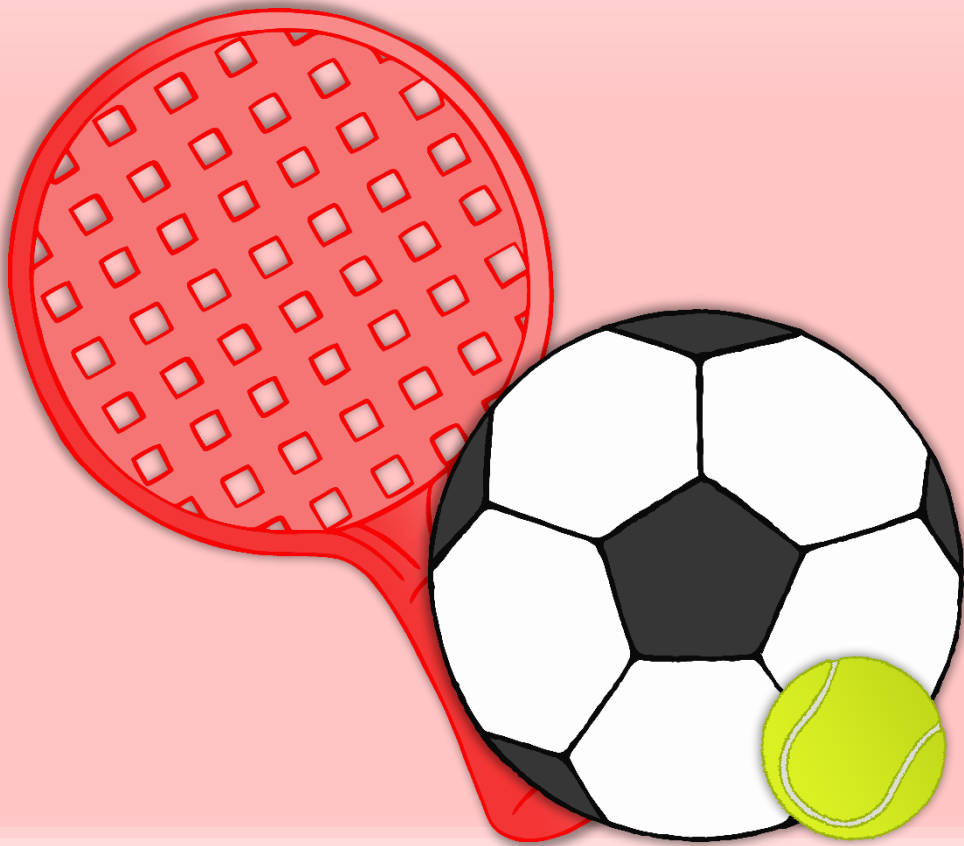
Wash your hands!