

## **CA-MRSA Information(Staph Infections)**

- Methicillin-Resistant *Staphylococcus Aureus* (MRSA) is a type of staph that is resistant to certain antibiotics.
- Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.

### **Are certain people at increased risk for community-associated staph or MRSA infections?**

- CDC has investigated clusters of CA-MRSA skin infections among athletes, military recruits, children, and prisoners.
- Factors that have been associated with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

### **Outbreaks have occurred in:**

- Student athletes
  - Football
  - Baseball
  - Basketball
  - Volleyball
  - Fencing
  - Wrestling
  - Equine rider
- Daycares
- Gyms
- Military Environment
- Locker Rooms
- Jails

### **Signs & Symptoms:**

- Fever
- Local swelling, redness, heat
- Painful lesion or pimple with or without drainage
- Boil – tender red lump with a white “head”

### **Treatment:**

- Mild to moderate disease
  - Presents with “spider bites”, soft tissue abscesses, boils
  - If caught early, found to respond to a combination of topical antimicrobials and antibiotics if needed
  - Antibiotics may be required

**What we need to do:**

- Practice good hygiene:
  - Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
  - Keep cuts and scrapes clean and covered with a bandage until healed.
  - Avoid contact with other people's wounds or bandages.
- Avoiding sharing personal items such as towels or razors
- Using a barrier (e.g., clothing or a towel) between your skin and shared equipment
- Wiping surfaces of equipment before and after use
- Wear Shoes at all Times, Never have bare feet on locker room or gym floor

**Athletic Plan:**

- Refer to District Athletic Handbook
- No team towels
  - Bring your own- write your name on it and only use your own
- Wash clothing, towels, and your body daily
  - Go home and shower immediately every day!!!!!!

**What if you suspect MRSA:**

- See a Coach-Teacher-Nurse Immediately
- We will look at anything, cover up suspicious wounds, refer to MDs
- PRACTICE GOOD HYGIENE!!!!!!!!!!!!

**It is very important that you understand if a coach spots an open wound or anything that slightly resembles Staph, we will not allow that person to re-enter the wrestling room until he has a signed Doctor's note releasing him for practice or competition.**

**If any child attempts to hide such an infection, upon discovery he will be ordered to leave the team (no refunds). This is a team sport and such actions would be considered direct negligence towards his teammates.**



# Examples of Staph Infections

