

## **MRSA: Staph Infections**

Staph is most frequently spread from person to person by direct skin-to-skin contact with an infected person. Although less likely, Staph may be spread indirectly by contaminated items and surfaces i.e. sports equipment, towels, etc...

### **TAKE THE APPROPRIATE PRECAUTIONS WITH SUSPICIOUS LESIONS AND TALK WITH A PHYSICIAN.**

Prevention is the best method of management.

#### **Summary:**

In an effort to manage, minimize or prevent any incidences, remember the following basic hygiene protocol:

1. Treat and Cover all wounds
2. Clean your hands frequently
3. Shower after activity
4. Do not share personal items
5. Keep equipment and hard surfaces clean\*

\*Equipment (schedule regular cleaning for sports equipment):

1. Wipe padding along walls, benches and door pulls/knobs after practices and matches. Please refer to the manufacturer's instructions regarding directions and recommended contact times for various disinfectants.
2. Clean floors where mats are stored and before mats are used again.
3. Clean and sanitize mats before and after practice and matches. Clean and Sanitize sports equipment that comes in contact with the skin of players after each use.

6. See a physician about suspicious skin lesions. Any athlete diagnosed with Staph, must obtain a written release from a physician (on file at the school) in order to return to practice/competition.
7. Inform others that may have been in contact with the infected person to watch for suspicious sores and instruct good hygiene practices.

#### **Examples of Effective Disinfectants:**

Water-less antiseptic hand cleanser  
70% Isopropyl alcohol/gels  
Germicidal/Antimicrobial Cleansers

#### **For Sports Teams:**

1. Team members should wash hands when entering and leaving locker rooms, weight rooms and other common sports activity rooms. Also wash hands before practice or competition. Alcohol hand sanitizers may be used instead of soap and water if hands are not visibly dirty.
2. Cover any open wounds or sores before participating in sports activities. Make sure bandages and dressings stay in place during activities.
3. Consider excluding players with potentially infectious skin cuts from sports activities until wounds are healed or can be adequately covered.
4. Athletes are encouraged to shower with soap and warm water after practice and competition.
5. Locker rooms should have adequate sinks, showers, and soap supplies to encourage good personal hygiene.
6. Athletes should not share personal items such as towels and razors.
7. Uniforms and equipment should be routinely cleaned after each use. Items that can be laundered should be washed in detergent and hot water for at least 25 minutes. Use an automatic dryer on hot for items that can withstand those temperatures. Items should be used only after they are completely dry.
8. Maintain clean locker rooms and shower areas with regularly scheduled cleaning.
9. Watch for wounds and skin cuts among team members, and to recommend medical care if cuts appear infected.
10. Any item or surface that comes in contact with blood, other body fluids, or wound drainage should be cleaned immediately.
11. Common areas (e.g. rest rooms, locker rooms, etc) should be cleaned regularly.

#### **In Gymnasium:**

1. Facilities should provide liquid soap dispensers instead of bar soaps for hand washing.
3. Use air blowers or disposable paper towels to dry hands rather than shared cloth towels.
2. Persons with cuts, draining sore or wounds should not participate in activities that may contaminate surfaces and equipment. Wipe surfaces of equipment before and after use with a disinfectant.