

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**

