

School Health Team



How to use the *What to do about MRSA Toolkit for Middle and High Schools*

This toolkit has been designed to help prevent and stop or reduce the spread of Methicillin resistant *Staphylococcus aureus* (MRSA) skin infections in middle and high schools. It contains new educational materials targeted to the school health team, athletic directors/coaches, athletes/students and parents. **(A CD with these materials is enclosed.)** It is also available at tpchd.org or from your public health nurse consultant.

For convenience, the informational and educational materials are divided into two sections: (1) for Athletic Directors/Coaches and (2) for the School Health Team. We suggest that you review all the materials provided in both sections and use them appropriately to fit your situation.

For the School Health Team

Suggestions for Use

1. *Review all toolkit materials in the Athletic/Coach section and the Health Team section. There may be materials in the Athletic/Coach section, which includes student athletes and parents of athletes, that you want to use in your training or educational sessions with teachers, custodians, students and/or parents. The different headings are used to denote the primary target groups; many of the materials are appropriate for multiple groups. Please don't let the headings limit your educational creativity!*
2. *Introduce school principals and assistant principals to the toolkit. Suggest holding an informational session on MRSA and infection control for teachers and other appropriate staff; a PowerPoint presentation is provided and should take approximately twenty minutes to deliver, including a short question and answer period.*
3. *Review all toolkit materials with health staff so they will know what is available to educate school employees, parents and students.*
4. *Use the assessment tool to see if your infection control policies and procedures are known and followed by all health care staff. Perform these assessments on a regular basis to track success in changing and implementing policy/procedures and motivating staff to use infection control and prevention measures.*

5. *Decide how and when to use staff and student educational materials and where to hang posters or place brochures targeted to staff and/or students. Determine who will be responsible for printing educational materials for staff, parents and students from the CD that is provided and where the CD will be kept when it is not being used.*
6. *Decide how and when to educate parents in general, and if there is an outbreak (three or more students with MRSA in one classroom or on one sports team). Work with athletic director/coach as appropriate.*
7. *Partner with the athletic team. A DVD, "Prevention of MRSA in the Athletic Setting," has been placed in the Athletic Department Section. Tacoma-Pierce County Health Department (TPCHD) has only purchased enough to provide one for each middle and high school.*
8. *Do fill out the enclosed evaluation form and mail or fax it to us. This is one way of letting us know what you think we did well, what you think we should change, and/or what future toolkits should contain. Alternatively, tell your public health nurse consultant what you think about this toolkit.*

Materials Available

Health Team-1

Infection Control Policies, Procedures & Practice

Checklist: Checklist that assists in determining if key infection control policies and procedures are in place. (*May want to use it to see if your infection control policies and procedures are known and followed by all health care staff. Perform these assessments on a regular basis to track success in changing and implementing policy/procedures and motivating staff to use infection control and prevention measures.*)

Health Team-2

Guidance for School Nurses: Follows format of communicable disease fact sheets that are included in the *Washington State 2004 Infectious Disease Control Guide for School Staff*. Provides information on MRSA, infection control, and recommended criteria to use for exclusion from sports activities and/or classrooms.

Health Team-3

Quick Reference for Environmental Cleaning/Guide to Sterilization and Disinfection of Equipment and Surfaces: Laminated two-page poster, 8x11 inches. (*For easy access, hang copies on the wall near the utility sink.*)

Health Team-4

MEDSCAPE Article – Questions about MRSA & Answers from the Experts: Basic information on MRSA, including what it is, the history of health care associated (HA) and community associated (CA) MRSA, and how to prevent or stop transmission in various settings.

Health Team-5

Annotated Bibliography - MRSA Skin Infections in Athletic Teams: Review of articles on MRSA outbreaks in professional teams, school teams and community teams. Risk factors are identified and advice is given on preventing and reducing the transmission of MRSA.

Health Team-6

Poster on Hand Washing: The six steps of hand washing are illustrated. (*Hang over all hand washing sinks.*)

Health Team-7

Evaluation of Toolkit: This is one way of letting us know what you think we did well, what you think we should change, and/or what future toolkits should contain. Alternatively, tell your public health nurse consultant what you think about this toolkit. You may fill out the enclosed evaluation and mail or fax it to us at:

Communicable Diseases
Tacoma-Pierce County Health Department
3629 South D Street, MS: 421
Tacoma, WA 98418
Fax: 253 798-7666

For Teachers

Suggestions for Use

1. *Decide how you want to educate teachers on MRSA and infection control. You may use the PowerPoint presentation and/or the informational e-mail and/or the MRSA fact sheet. If there are teachers who also coach sports teams, you and/or the athletic director/senior coach may want to show the six-minute video, "Prevention of MRSA in the Athletic Setting."*
2. *Remember to hang the six steps of hand washing posters in the bathrooms in the teachers' lounges. Hand washing is the best way to stop the transmission of MRSA.*
3. *Talk with teachers about infection control practices in the classroom.*
4. *Remind teachers to send students with potential skin and soft tissue infections to the health room for assistance; student athletes should be reporting potential skin infections to their coach/trainer and to the school nurse.*

Materials Provided

Teacher-1

PowerPoint Presentation: Basic information on MRSA and infection control that follows a question and answer format (*School nurse may present to teachers at a staff meeting, allow at least 20 minutes to present and answer questions.*)

- Teacher-2** **Fact Sheet on MRSA - General – (8x11):** Explains what MRSA is, what it looks like, how you get it, how it is treated and how to stop the spread of MRSA infection. (*It may be used as a handout for teachers.*)
- Teacher-3** **Poster on Hand Washing:** The six steps of hand washing are illustrated. (*Hang over all hand washing sinks.*)
- Teacher-4** **Informational E-mail or Article on MRSA:** A few paragraphs explaining what MRSA is, how it is spread, how it is treated and how to stop transmission. (*They may be used as an email to educate teachers or in a parent/PTA newsletter.*)

For Parents and Students

Suggestions for Use

1. *Educate students and parents so they know how to recognize, prevent, treat and stop the spread of MRSA.*
2. *Take advantage of PTA newsletters and/or meetings to educate parents on preventing MRSA and other skin and soft tissue infections.*
3. *Remind students that it is important to let you know when they think they might have a skin infection.*
4. *Emphasize the importance of hand washing to everyone!*

Materials Available

- Parent & Student-1** **Fact Sheet on MRSA - General – (8x11):** Explains what MRSA is, what it looks like, how you get it, how it is treated and how to stop the spread of MRSA infection. (*It may be used as a handout for parents and/or students.*)
- Parent & Student-2** **Poster on MRSA – (11 x 17):** Explains what MRSA is, what it looks like, how you get it, how it is treated and how to stop the spread of MRSA infection. (*It is a larger version of the MRSA fact sheet, and may be placed in areas where students and/or parents have time to read it.*)
- Parent & Student-3** **Poster on Hand Washing:** The six steps of hand washing are illustrated. (*Hang over all hand washing sinks.*)
- Parent & Student-4** **Brochure - Antibiotics & Skin Infections:** Describes when to use and when not to use antibiotics with skin and soft tissue infections (SSTI). (*May display in health waiting*

room and/or give to parents/students when there is a potential skin and soft tissue infection.)

Parent & Student-5

Poster on MRSA - General: Key points about MRSA and preventing transmission in a student-friendly format. (*Hang poster in places where students have time to read it.*)

Parent & Student-6

Booklet - *Living with MRSA* – ENGLISH & SPANISH versions: Developed with the help of persons who have MRSA infections (March 2006). Booklets in English or Spanish may be obtained at the Tacoma-Pierce County Health Department website: tpchd.org. (*May give to family members who are living with someone infected with MRSA or have MRSA themselves.*)

Parent & Student-7

Informational E-mail or Article on MRSA: A few paragraphs explaining what MRSA is, how it is spread, how it is treated and how to stop transmission. (*They may be used as an email to educate teachers or in a parent/PTA newsletter.*)

Parent & Student-8

Sample Letter Used to Notify Parents of a MRSA Outbreak in School: An example of a letter that may be used to inform parents of an outbreak (three or more students in a single class or one sports team).

Promote Good Hand washing!