How to use *What to do about MRSA and Other MDROs*¹ 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 and *Clostridium difficile* infections in middle and high schools. It contains educational materials targeted to the school health team, athletic directors/coaches, athletes/students and parents. It is available at www.tpchd.org/mrsa/middle-high.

For convenience, the informational and educational materials are divided into three sections:

1. **Athletic Department**
   - Parents of Athletes
   - Student Athletes

2. **Health Team**
   - Parents and Students
   - Teachers

3. **Custodians**

We suggest that you review all the materials provided in both sections and use them appropriately to fit your situation.

**Athletic Department**

*Suggestions for Use*

1. Review all toolkit materials in the Athletic, Health Team, and the Custodian sections. There may be materials in any of the sections that you want to use in your training or educational sessions with coaches/trainers, custodians, student athletes and/or parents. The different headings are used to denote the primary target groups. Many of the materials are appropriate for multiple groups; some are listed under multiple target groups. Do not let the target group headings limit your educational creativity.

2. Introduce school principals and assistant principals to the toolkit. Partner with the Health Team and hold informational sessions on MRSA, *Clostridium difficile* and infection control for teachers and other appropriate staff.

3. Review all toolkit materials with athletic department staff so they will know what is available to educate school employees, parents and student athletes.

4. Use the Infection Control Policies and Procedures Checklist to see if your policies and procedures are known and followed. 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, student athlete and parent educational materials. Decide how and when to notify parents if there is an outbreak (three or more students with MRSA on one sports team). Work with health team as appropriate.

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¹ MDROs: Multidrug resistant organisms are strains of bacteria that are resistant to commonly used antibiotics.
Materials Available

- **Infection Control Policies, Procedures and Implementation Checklist**: Assists in determining if key infection control policies and procedures are in place and being followed.

- **Infection Control Guidance for Athletic Directors/Coaches**
  Recommendations for general infection control policies as well as those specific to wrestling mats, weight rooms, locker rooms/showers, sports equipment, outside groups using school facilities, etc.  
  *(Review guidance to see what you are already doing and to start thinking about what could/should be done differently.)*

- **Annotated Bibliography—MRSA Skin Infections in Athletes**
  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.

- **How to wash your hands**
  8 ½ x 11 poster
  The six steps of hand washing are illustrated. *(Hang over all hand washing sinks.)*

**Parents of Athletes**

*Suggestions for Use*

1. Educate parents about recognizing, preventing, treating and stopping the spread of MRSA and *C. difficile*. Provide them with fact sheets on MRSA when you meet with them.
2. Emphasize the importance of hand washing as the best infection prevention method.
3. Emphasize the importance of washing practice clothes or uniforms in warm soapy water *after each use* and drying them in a hot dryer.

**Materials Available**

- **Fact Sheet on MRSA for Athletes**
  (8 ½ x11 poster)
  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 in athletic teams. *(It may be used as a handout for parents and/or student athletes.)*

- **Does your child really need an antibiotic for a skin infection?**
  (Brochure)
  Describes when to use and when not to use antibiotics with skin and soft tissue infections (SSTI). *(May give brochure to parents and/or students)*

- **Living with MRSA**
  (Booklet and printable version in English and Spanish)
  This version was developed with the help of persons who have MRSA infections (March 2006). Booklets in English or Spanish may be languages may be accessed at: [http://here.doh.wa.gov/materials/living-with-mrsa](http://here.doh.wa.gov/materials/living-with-mrsa) *(May give to family members who are living with someone infected with MRSA or have MRSA themselves.)*

- **Notify Parents of a MRSA Outbreak in School. Sample Letter**
  Letter sample used to inform parents of an outbreak (three or more students in a single class or on one sports team).
Student Athletes

Suggestions for Use

1. Educate students so they know how to recognize, prevent, treat and stop the spread of MRSA and *C. difficile*.
2. Display posters in areas where athletes have time to read. Change posters as needed to keep the photos of athletes appropriate to the sports being played (baseball in spring months, basketball in winter, etc.)
3. Remind athletes to report any potential skin infections to their coach before practice, matches or games.
4. Encourage showering immediately after participating in contact sports.
5. Emphasize the importance of good hand washing!

Materials Available

- **Fact Sheet on MRSA for Athletes**
  
  (8 ½ x 11 and 11 x 17 poster)
  
  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 in athletic teams. (*It may be used as a handout for parents and/or student athletes.*)

- **How to wash your hands**
  
  (8 ½ x 11 poster)
  
  The six steps of hand washing are illustrated. (*Hang over all hand washing sinks.*)

- **How to Use Hand Sanitizer to prevent illness**
  
  (8 ½ x 11 poster)

- **A Good Offence is Still the Best Defense**
  
  (8 ½ by 11 poster in English and Spanish)
  
  Produced by the Texas Department of State Health Services and used with their permission. Includes key MRSA infection prevention and transmission control messages. (*Hang them up where they will be seen and read; change them to target seasonal sports activities.*)

- **Variety of sport posters**
  
  Available with girls and boys participating in a variety of sports. Includes key MRSA infection prevention and transmission control messages. (*Hang them up where they will be seen and read; change them to target seasonal sports activities.*)

- **Living with MRSA**
  
  (Booklet and printable version in English and Spanish)
  
  This version was developed with the help of persons who have MRSA infections (March 2006). Booklets in English or Spanish may be accessed at: [http://here.doh.wa.gov/materials/living-with-mrsa](http://here.doh.wa.gov/materials/living-with-mrsa)
  
  (*Give to family members who living with someone infected with MRSA or have MRSA themselves.*)
Health Team

Suggestions for Use

1. Review all toolkit materials in the Athletic, Health Team, and the Custodian sections. There may be materials in them 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 infection control for teachers and other appropriate staff.

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 or students.

6. Decide how and when to educate parents in general, and if there is an outbreak (three or more students with MRSA or two or more students with C. difficile in one classroom or on one sports team). Work with athletic director/coach as appropriate.

7. Partner with the athletic team.

Materials Available

- **Infection Control Policies, Procedures and Practice Checklist.**
  Checklist that assists in determining if key infection control policies and procedures are in place.
  *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.*

- **Guidance for School Nurses on MRSA.**
  Provides information with recommended criteria to use for exclusion from sports activities and/or classrooms.

- **Guidance for School Nurses on Clostridium difficile.**
  Provides information on the disease with recommendations for infection control

- **Quick Reference for Environmental Cleaning.**
  Guide to sterilization and disinfection of equipment and surfaces

- **Annotated Bibliography—MRSA Skin Infections in Athletes.**
  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.

- **How to wash your hands.**
  *(8 ½ x 11 poster)*
  The six steps of hand washing are illustrated. *(Hang over all hand washing sinks.)*

- **How to Use Hand Sanitizer to prevent illness.**
  *(8 ½ x 11 poster)*
Health Team—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
- **Fact Sheet on MRSA**
  (8 ½ x 11 and 11 x 17 poster)
  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 in athletic teams. *(It may be used as a handout for parents and/or student athletes.)*

- **How to wash your hands**
  (8 ½ x 11 poster)
  The six steps of hand washing are illustrated. *(Hang over all hand washing sinks.)*

- **Does your child really need an antibiotic for a skin infection?**
  (Brochure)
  Information for when to use and when not to use antibiotics with skin and soft tissue infections (SSTI). *(May give brochure to parents and/or students)*

- **Don’t Let This Happen to You**
  **Stop the Spread of MRSA**
  **MRSA Hurts**
  (11 x 17 posters)
  Key points about MRSA and preventing transmission in a student-friendly format. *(Hang poster in places where students have time to read it.)*

- **Living with MRSA**
  (Booklet and printable version in English and Spanish)
  This version was developed with the help of persons who have MRSA infections (March 2006). Booklets in English or Spanish may be languages may be accessed at: [http://here.doh.wa.gov/materials/living-with-mrsa](http://here.doh.wa.gov/materials/living-with-mrsa)
  *(May give to family members who are living with someone infected with MRSA or have MRSA themselves.)*

- **Informational Email 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.)*

- **Notify Parents of a MRSA Outbreak in School**
  **Sample Letter**
  Sample letter used to inform parents of an outbreak (three or more students in a single class or on one sports team).
• **A Clean School is a Healthy School**  
  *(11 x 17 poster for middle schools)*  
  Pictures showing students what they can do to promote a health school environment.

• **Clean for Health**  
  *(11 x 17 poster for high schools)*  
  Pictures showing students what they can do to promote a health school environment.

**Health Team—Teachers**

*Suggestions for Use*

1. Decide how you want to educate teachers on MRSA, *C. difficile* and infection control.
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 Available**

• **Fact Sheet on MRSA**  
  *(8 ½ x 11 and 11 x 17 poster)*  
  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 in athletic teams. *(It may be used as a handout for parents and/or student athletes.)*

• **How to wash your hands**  
  *(8 ½ x 11 poster)*  
  The six steps of hand washing are illustrated. *(Hang over all hand washing sinks.)*

• **How to Use Hand Sanitizer to prevent illness**  
  *(8 ½ x 11 poster)*

• **Informational Email 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.)*

• **A Clean School is a Healthy School**  
  *(11 x 17 poster for middle schools)*  
  Pictures showing students what they can do to promote a health school environment.

• **Clean for Health**  
  *(11 x 17 poster for high schools)*  
  Pictures showing students what they can do to promote a health school environment.
School Custodians

Suggestions for Use
1. Educate custodial supervisors and custodians about MRSA, *C. difficile*, and infection control.
2. Remind custodial staff of key areas that need cleaning and disinfecting on a regular basis.
4. Remind custodians that they have a very important role in maintaining a healthy and safe environment in schools.
5. Emphasize the importance of frequent hand washing to everyone!

Materials
- **Fact Sheet on MRSA**
  (8 ½ x 11 and 11 x 17 poster)
  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 in athletic teams. *(It may be used as a handout for parents and/or student athletes.)*

- **Guidance for Custodians**
  Provides guidance in athletic areas, wrestling rooms/mats, weight rooms, locker rooms, shower rooms, sports equipment

- **A Clean School is a Healthy School**
  (11 x 17 poster for middle schools)
  Pictures showing students what they can do to promote a health school environment.

- **Clean for Health**
  (11 x 17 poster for high schools)
  Pictures showing students what they can do to promote a health school environment.

- **How to wash your hands**
  (8 ½ x 11 poster)
  The six steps of hand washing are illustrated. *(Hang over all hand washing sinks.)*