

Athletic Department



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 the public health nurse consultant for schools.

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

For the Athletic Director/Coach

Suggestions for Use

1. *Review all toolkit materials in the Health Team section and the Athletic Coach section. There may be materials in the Health Team section 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. Please don't 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 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 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. Determine who will be responsible for printing educational materials*

for staff, parents and student athletes 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 notify parents if there is an outbreak (three or more students with MRSA on one sports team). Work with health team as appropriate.*
7. *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 the public health nurse consultant for schools what you think about this toolkit.*

Materials Available

- Athletic Department-1** **Infection Control Policies, Procedures and Implementation Checklist:** Assists in determining if key infection control policies and procedures are in place and being followed.
- Athletic Department-2** **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.)*
- Athletic Department-3** **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.
- Athletic Department-4** **Poster on Hand Washing:** The six steps of hand washing are illustrated. *(Hang over all hand washing sinks.)*
- Athletic Department-5** **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 the public health nurse consultant for schools 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 Student Athletes

Suggestions for Use

1. *Educate students so they know how to recognize, prevent, treat and stop the spread of MRSA.*
2. *Show the video on MRSA prevention. It is appropriate for student athletes and their families and it takes only six minutes to view.*
3. *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.)*
4. *Remind athletes to report any potential skin infections to their coach before practice, matches or games.*
5. *Encourage showering immediately after participating in contact sports.*
6. *Emphasize the importance of good hand washing!*

Materials Available

Student Athletes-1

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

Student Athletes-2

Poster on MRSA for Athletes – (11x17): 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.)*

Student Athletes-3

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

Student Athletes-4

Brochure - Antibiotics & Skin Infections: 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.)*

Student Athletes-5

DVD-Prevention of MRSA in the Athletic Setting: Produced by the Mecklenberg County Health Department in North Carolina and used with their permission. *(A six-minute video explaining what MRSA is, the potential risk factors for athletes and how to prevent transmission. Tacoma-Pierce County Health Department (TPCHD) has*

*provided each middle and high school in Pierce County with one DVD as a component of this toolkit. If more are needed, they may be purchased directly from Mecklenburg County Health Department at:
www.charmeck.org/Departments/Health+Department/Top+News/MRSA.htm.)*

Student Athletes-6

Posters-A Good Offence is Still the Best Defense - ENGLISH & 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 & read; change them to target seasonal sports activities.)*

Student Athletes-7

Posters-Stay in the Game: Several are 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 & read; change them to target seasonal sports activities.)*

Student Athletes-8

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.)*

For Parents of Athletes

Suggestions for Use

1. *Educate parents about recognizing, preventing, treating and stopping the spread of MRSA. Provide them with fact sheets on MRSA when you meet with them.*
2. *Show the video on MRSA prevention. It is appropriate for student athletes and their families and it takes only six minutes to view.*
3. *Emphasize the importance of hand washing as the best infection prevention method.*
4. *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

Parents-1

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

Parents-2

DVD-Prevention of MRSA in the Athletic Setting: Produced by the Mecklenberg County Health Department in North Carolina and used with their permission. *(A six-minute video explaining what MRSA is, the potential risk factors for athletes and how to prevent transmission.. Tacoma-Pierce County Health Department (TPCHD) has provided each middle and high school in Pierce County with one DVD as a component of this toolkit. If more are needed, they may be purchased directly from Mecklenburg County Health Department at: www.charmeck.org/Departments/Health+Department/Top+News/MRSA.htm.)*

Parents-3

Brochure - Antibiotics & Skin Infections: 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)*

Parents-4

Living with MRSA Booklet – ENGLISH & SPANISH versions: This new version was 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.)*

Parents-5

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 on one sports team).

Promote good hand washing!