



What to do about MRSA

In
School Athletic Programs

What is MRSA?

(Methicillin resistant *Staphylococcus aureus*)

Type of “*Staph*” infection

- Often causes skin infections
- Resistant to many antibiotics, including penicillin

How is MRSA treated?

By a healthcare provider who may:

- Drain the infection *and/or*
- Give an antibiotic *and/or*
- Help reduce the amount of bacteria on the skin

What does it look like?

- A “spider bite”



- Turf burn

- Abscess

- Boil

- Impetigo



- Infected skin/wound

Stop the spread of MRSA!

- **Wash your hands often** with warm, soapy water
- Use 60% alcohol-based hand sanitizer when soap and water are not available
- Shower immediately after practice and matches
- Do not share personal hygiene items (bar soap, towels, razors) or clothing
- Wear practice clothes/uniforms only once, wash with soap and hot water, dry in hot dryer
- Cover all wounds with a clean, dry bandage taped on all four sides
- Avoid contact with other people’s skin infections
- Report skin infections to coach/trainer/nurse
- Clean and disinfect athletic/wrestling gear and practice surfaces (mats, benches, weight lifting equipment) after each use
- Do not let wrestlers practice with potentially contagious wounds, even if covered, and consider use of this rule for all contact sports



How do you get MRSA?

- Touching someone’s MRSA-infected skin
- Touching surfaces that have MRSA on them, like doorknobs and light switches
- Sharing personal hygiene items (bar soap, towels, razors)
- Not having the resources to keep clean
- Overusing antibiotics, stopping them early, or missing doses