



MRSA

methicillin-resistant *Staphylococcus aureus*

a guide for athletes

The best way to prevent MRSA is good hygiene

Methicillin-resistant *Staphylococcus aureus* (MRSA)

Athletes must follow good hygiene practices at home and at school to prevent many illnesses

MRSA IS PREVENTED BY:

- Frequent hand washing with soap and water or alcohol-based hand sanitizers
- Cleaning any breaks in the skin, such as a cut, and covering with a bandage until healed
- Bathing regularly, especially after athletic competition or other skin-to-skin contact
- Changing bedding often and washing in hot water and drying thoroughly
- Not sharing personal items such as towels, razors or toothbrushes
- Seeing your health care provider and following instructions if you have an infection

Clean shared equipment, such as weight machines, before and after each use

STAY IN THE GAME:

As long as a wound can be completely covered by a bandage that stays in place and contains any drainage, an infected athlete may compete

ATHLETES SHOULD NOT:

- Share personal items such as towels, soap and razors
- Share a whirlpool or ice bath if they have a break in the skin such as a cut or turf burn
- Share ointments



Wash uniforms and towels in HOT water after each use and dry completely

ATHLETES SHOULD:

- Shower after each practice or competition
- Wash uniforms and towels in hot water after each use and dry completely
- Report any suspicious skin injuries to their coach, parent and/or health care provider
- Follow all the directions of their health care provider if they are diagnosed with MRSA
- Clean shared equipment, such as weight machines, before and after each use
- Cover all turf burns and other breaks in the skin
- Frequently wash their hands with soap and water or an alcohol-based hand sanitizer



Athletes and coaching staff should frequently wash their hands with soap and water or an alcohol-based hand sanitizer



methicillin-resistant *Staphylococcus aureus*

MRSA stands for methicillin-resistant *Staphylococcus aureus*. *Staphylococcus aureus* (often called “staph”) is one of many bacteria that normally reside in or on humans and does not usually cause infection. MRSA is a type of staph infection that is resistant to treatment with methicillin and other antibiotics in the penicillin family. MRSA is typically seen as a skin infection that is red, swollen, warm and tender, and may look like a spider bite or infected hair follicle. MRSA is usually transmitted from person to person through skin-to-skin contact. It can also be transmitted when a person's broken, infected skin touches a surface, and then the same surface is touched by another person's broken skin.



RESOURCES FOR INFORMATION

Ohio Department of Health (ODH):

<http://www.odh.ohio.gov>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/Features/MRSAinSchools>

Cleaning:

<http://www.epa.gov/oppad001/chemregindex.htm>

Ohio Department of Health

246 North High Street

Columbus, Ohio 43215

Ted Strickland, Governor

Alvin D. Jackson, M.D., Director of Health



<http://www.odh.ohio.gov>

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MRSA is typically seen as a skin infection that is red, swollen, warm and tender

Some things you shouldn't share