

Recommendations to prevent Staph or MRSA infections among sport participants:

- Cover all wounds. If wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.
- Encourage good hygiene, including showering and washing with soap after all practices and competitions.
- Ensure availability of adequate soap and hot water.
- Discourage sharing towels and personal items (e.g., clothing or equipment).
- Establish routine cleaning schedules for shared equipment.
- Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.
- Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.
- Clean large surfaces (e.g., floors and tabletops) routinely but regularly.

- Clean and disinfect frequently touched surfaces at least daily.
- Clean immediately after spills of blood or body fluids like pus, stool, urine, or vomit. Use appropriate personal protective equipment, including gloves, when cleaning blood or body fluid spills.

For additional information on Staph or MRSA:

Visit:

- Centers for Disease Control and Prevention www.cdc.gov

You may also contact:

- Your healthcare provider
- Maryland Department of Health and Mental Hygiene (DHMH) www.edcp.org
- Frederick County Health Department www.co.frederick.md.us/HealthDept

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STAPH AUREUS A GUIDE FOR CONTROL AND PREVENTION IN SPORTS PARTICIPANTS



Frederick County Health Department



What is staphylococcus aureus or staph?

Staph is a type of bacteria that is commonly found on the skin, and elsewhere on the body, including the nose. Many of us (30-50%) periodically have staph living on our skin and have no symptoms or illness at all. This is called being “colonized”. Sometimes, though, staph bacteria can enter the body through a break in the skin, a cut, or an abrasion and then cause an infection.

What is MRSA?

Methicillin-Resistant Staphylococcus Aureus (MRSA) is a type of Staph that is resistant to certain antibiotics. MRSA can be acquired in the hospital or in the community.

Avoid use of antibiotics if you do not have a bacterial infection. Antibiotics do not treat viral infections such as colds, flu and other viral infections.

Who gets Staph infections?

Anyone can get a Staph Infection. People are more likely to get a Staph infection if they have:

- Skin-to-skin contact with someone who has a Staph infection
- Contact with items and surfaces that have Staph on them
- Openings in their skin such as cuts or scrapes

- Crowded living conditions
- Poor Hygiene

What is HA-MRSA?

MRSA that is acquired in the hospital is called hospital-associated methicillin resistant staph aureus (HA-MRSA). MRSA is more common in hospitalized patients but is becoming an increasing problem in healthy, nonhospitalized patients.

What is CA-MRSA?

MRSA that is acquired in the community is called community-associated methicillin resistant staph aureus. It has become an increasing problem because it can occur among young people who have cuts or wounds or who have close contact with one another, such as members of a sports team.

What does a CA-MRSA infection look like?

It can resemble a regular staph infection that looks like a pimple or boils.



How serious are Staph Infections?

Most Staph skin infections are minor and may be easily treated. Staph also may cause more serious infections, such as infections of the bloodstream, surgical sites, or pneumonia. Sometimes, a Staph infection may worsen. It is important to contact your doctor if your infection does not get better.

How are Staph infections treated?

Treatment for a Staph skin infection may include taking an antibiotic specific to Staph infection or having a doctor drain the infected area. If you are given an antibiotic, be sure to take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it. Do not share antibiotics with other people or save them to use later.

How do I keep Staph infections from spreading?

- Wash your hands often or use alcohol-based hand sanitizer
- Keep your cuts and scrapes clean and cover them with bandages
- Do not touch other people’s cuts or bandages
- Do not share personal items like towels or razors