

MRSA EDUCATION TIPS

MRSA: Methicillin-Resistant Staphylococcus Areus – a bacteria carried on the skin and in the nose of healthy people. MRSA is resistant to most antibiotics such as methicillin, penicillin, amoxicillin, and oxacillin

RISK FACTORS:

- Skin to skin contact
- Open wounds, abrasions, cuts, turf burn, rashes from shaving
- Contaminated uniforms, towels, equipment, surfaces, etc.
- Poor hygiene

SIGNS & SYMPTOMS

- Boil, pimple, abscess on skin; looks like “spider bite”
- Site is red, swollen, painful, and may have pus or other drainage
- More serious strains of MRSA can cause pneumonia or blood stream infections so watch for shortness of breath and flu-like symptoms

TREATMENT

- See your Doc - may drain the area
- Other antibiotics may be prescribed – take all doses even if it feels better!!!

PREVENTION!!! – PRACTICE GOOD HYGIENE

- Wash hands with soap and water
- Clean and cover all wounds
- Shower after practices and games
- DO NOT share towels, equipment, uniforms (Phys Ed too!), razors, etc.
- Wash uniforms, PE, & practice clothes and dry in hot dryer to kill bacteria

DISINFECT!!! – Weight Rm (Wipes provided); Gym bags and lockers

INSPECT!!!

- BE on the lookout for any mysterious bumps, rashes, “bite marks”
- If found seek medical attention

COMMUNICATE!! - Let coach and me know!!

ONE & DONE?

- **NO!!!** You can get MRSA again once you’ve had it before! Follow Dr’s instructions from prior treatment and follow prevention tips!!