

MRSA Guidelines for School ATHLETICS

MRSA is a type of staph infection that is resistant to certain types of antibiotics, making it harder to treat. It may cause skin infections that look like pimples or boils. Skin infections caused by staph may be red, swollen, painful, or have pus or other drainage.

Anyone can get a staph infection. People who 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 skin such as cuts and scrapes; and poor personal hygiene.

Things to do:

- Shower immediately after every practice and competition
- Wash all workout clothes after every practice and competition
- Do NOT share towels, equipment, razors, bar soap, etc
- Use a towel between your skin and shared equipment
- Disinfect surfaces of equipment before and after use
- Clean and properly cover any open wounds such as:
 - turf burns, abrasions, lacerations, etc
- Do NOT use whirlpools, hydrotherapy pools, cold tubs, swimming pools, and other common tubs if you have an open wound
- Maintain clean facilities and equipment according to Ohio School Inspection Guidelines
- Go to a doctor or clinic if you have any sores like the ones in the pictures

MRSA =
Methicillin-
Resistant
Staphylococcus
aureus



Treatment for a staph infection may include taking an antibiotic or have a doctor drain the infection (never try to drain it yourself).

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.

If you have questions
call 645-1474

or go to
www.publichealth.columbus.gov



City of Columbus
Mayor
Michael B. Coleman

Teresa C. Long, MD, MPH
Health Commissioner
240 Parsons Avenue
Columbus, Ohio 43215
www.publichealth.columbus.gov
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