

MRSA

Info for Athletes



What is Methicillin Resistant Staphylococcus Aureus (MRSA)
MRSA is a type of staph. It is resistant to several types of antibiotics when antibiotics are used.

Who gets MRSA?

Anyone can get MRSA

How do athletes get MRSA?

- ✓ Touching someone's MRSA infected skin.
- ✓ Sharing personal hygiene items (bar soap, towels, razors).
- ✓ Not having the resources to keep clean.

What do MRSA Infections look like?

- ✓ A "spider bite"
- ✓ Turf burn
- ✓ Boils
- ✓ Fluid filled blisters (impetigo)
- ✓ Infected skin / wound



A GUIDE FOR PREVENTING THE SPREAD OF BACTERIA AMONG YOUR TEAM

What should I do if I think that I have MRSA?

The best thing is to visit your health care provider. They will culture your wound to see if it is a bacterial infection.

How is MRSA treated?

Since MRSA is resistant to many antibiotics, it can be hard to treat. However, some antibiotics can successfully cure MRSA infections.



Can I still play sports if I have MRSA?

- ✓ Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.)
- ✓ Please familiarize yourself with NFHS Rule 4-2-3 which states:
"If an athlete is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his/her coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent."
- ✓ Covering communicable conditions shall not be considered acceptable and does not make the athlete eligible to participate.

Stop the spread of MRSA!

- ✓ Wash your hands often with warm, soapy water.
- ✓ Do not share personal hygiene items.
- ✓ Wear practice clothes/uniforms only once, wash with soap & hot water, dry in hot dryer.
- ✓ Avoid contact with other people's skin infections.
- ✓ Clean and disinfect athletic gear and practice surfaces (mats, benches, weight lifting equipment) after each use.
- ✓ Do not practice in contact sports with potentially contagious wounds, even if covered.
- ✓ Report skin infections to your coach and/or trainer.