NYSDOH Recommendations to Prevent CA-MRSA

Wound Care
- Practice appropriate first aid at all times—cuts or other abrasions on the skin should be washed with soap and water.
- Cover all wounds. A clean dressing should be applied every day until healed.
- All open wounds need to be cared for with the use of gloves to avoid exposure or cross-contamination of environment.
- Soiled dressings should be handled with gloves and adequately disposed of after handling.
- Wash hands frequently after exposure to contaminated persons and equipment.

Prevention Strategies
- Practice good hand hygiene. Coaches and trainers should always use gloves when attending to athlete wounds. After performing care, hands should be either washed with soap and water or alcohol-based hand sanitizers.
- Assess skin regularly for any lesions. Refer wounds to appropriate healthcare personnel and assure little to no contact to other players.
- Learn to recognize wounds that could be potentially infectious.
- Launder personal items (i.e., towels) and clean sports equipment frequently, ideally after each use.
- Encourage school nurse participation in teaching players how to recognize wounds at the beginning of every season.
- If an infection is identified, involve appropriate personnel (i.e., school nurse, administration, and if applicable parents) to take proper precautions in avoiding the spreading of the infection.
- Report any clusters of skin infection to your local health department.

For additional information on MRSA:
Visit:
New York State Department of Health
www.health.state.ny.us
Centers for Disease Control and Prevention
www.cdc.gov

You may also contact:
Local health department

NYSDOH Recommendations to Prevent CA-MRSA

Wound Care
- Practice appropriate first aid at all times—cuts or other abrasions on the skin should be washed with soap and water.
- Cover all wounds. A clean dressing should be applied every day until healed.
- All open wounds need to be cared for with the use of gloves to avoid exposure or cross-contamination of environment.
- Soiled dressings should be handled with gloves and adequately disposed of after handling.
- Wash hands frequently after exposure to contaminated persons and equipment.

Prevention Strategies
- Practice good hand hygiene. Coaches and trainers should always use gloves when attending to athlete wounds. After performing care, hands should be either washed with soap and water or alcohol-based hand sanitizers.
- Assess skin regularly for any lesions. Refer wounds to appropriate healthcare personnel and assure little to no contact to other players.
- Learn to recognize wounds that could be potentially infectious.
- Launder personal items (i.e., towels) and clean sports equipment frequently, ideally after each use.
- Encourage school nurse participation in teaching players how to recognize wounds at the beginning of every season.
- If an infection is identified, involve appropriate personnel (i.e., school nurse, administration, and if applicable parents) to take proper precautions in avoiding the spreading of the infection.
- Report any clusters of skin infection to your local health department.

For additional information on MRSA:
Visit:
New York State Department of Health
www.health.state.ny.us
Centers for Disease Control and Prevention
www.cdc.gov

You may also contact:
Local health department

NYSDOH Recommendations to Prevent CA-MRSA

Wound Care
- Practice appropriate first aid at all times—cuts or other abrasions on the skin should be washed with soap and water.
- Cover all wounds. A clean dressing should be applied every day until healed.
- All open wounds need to be cared for with the use of gloves to avoid exposure or cross-contamination of environment.
- Soiled dressings should be handled with gloves and adequately disposed of after handling.
- Wash hands frequently after exposure to contaminated persons and equipment.

Prevention Strategies
- Practice good hand hygiene. Coaches and trainers should always use gloves when attending to athlete wounds. After performing care, hands should be either washed with soap and water or alcohol-based hand sanitizers.
- Assess skin regularly for any lesions. Refer wounds to appropriate healthcare personnel and assure little to no contact to other players.
- Learn to recognize wounds that could be potentially infectious.
- Launder personal items (i.e., towels) and clean sports equipment frequently, ideally after each use.
- Encourage school nurse participation in teaching players how to recognize wounds at the beginning of every season.
- If an infection is identified, involve appropriate personnel (i.e., school nurse, administration, and if applicable parents) to take proper precautions in avoiding the spreading of the infection.
- Report any clusters of skin infection to your local health department.

For additional information on MRSA:
Visit:
New York State Department of Health
www.health.state.ny.us
Centers for Disease Control and Prevention
www.cdc.gov

You may also contact:
Local health department

NYSDOH Recommendations to Prevent CA-MRSA

Wound Care
- Practice appropriate first aid at all times—cuts or other abrasions on the skin should be washed with soap and water.
- Cover all wounds. A clean dressing should be applied every day until healed.
- All open wounds need to be cared for with the use of gloves to avoid exposure or cross-contamination of environment.
- Soiled dressings should be handled with gloves and adequately disposed of after handling.
- Wash hands frequently after exposure to contaminated persons and equipment.

Prevention Strategies
- Practice good hand hygiene. Coaches and trainers should always use gloves when attending to athlete wounds. After performing care, hands should be either washed with soap and water or alcohol-based hand sanitizers.
- Assess skin regularly for any lesions. Refer wounds to appropriate healthcare personnel and assure little to no contact to other players.
- Learn to recognize wounds that could be potentially infectious.
- Launder personal items (i.e., towels) and clean sports equipment frequently, ideally after each use.
- Encourage school nurse participation in teaching players how to recognize wounds at the beginning of every season.
- If an infection is identified, involve appropriate personnel (i.e., school nurse, administration, and if applicable parents) to take proper precautions in avoiding the spreading of the infection.
- Report any clusters of skin infection to your local health department.

For additional information on MRSA:
Visit:
New York State Department of Health
www.health.state.ny.us
Centers for Disease Control and Prevention
www.cdc.gov

You may also contact:
Local health department
**What is Staphylococcus aureus?**

*Staphylococcus aureus* (*S. aureus*) is a bacterium commonly found on the skin and in the nose of 20-30% of healthy individuals. This bacteria often causes skin infections, however it can also cause other more serious infections, such as pneumonia or bloodstream infections.

**What is MRSA?**

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a strain of *S. aureus* that is resistant to methicillin, an antibiotic in the same class as penicillin. MRSA is traditionally seen in people recently hospitalized or who have been treated at a healthcare facility (such as a dialysis center).

**What is CA-MRSA?**

Community-associated MRSA infections are considered to be community-associated because they occur in people who have not been hospitalized or had a medical procedure (i.e., dialysis or surgery) within the past year.

CA-MRSA infections have been documented among athletes, prisoners, military recruits, daycare attendees, injection drug users, and others who live in crowded settings or routinely share contaminated items.

**What does a CA-MRSA skin infection look like?**

A skin infection with CA-MRSA can begin as a reddened area on the skin, or resemble a pimple that can develop into a skin abscess or boil causing fever, pus, swelling, or pain.

*Infection site: ankle*

*May be mistaken for spider bites*

CA-MRSA skin infections can be treated by incising, draining, and locally caring for the wound. Antibiotics can be administered as necessary. These infections can progress to a more serious and difficult to treat stage if not treated properly.

It is also possible for a preexisting cut, turfburn or other irritated area on the skin to develop an infection with CA-MRSA if the area is not kept clean and dry.

**How can CA-MRSA skin infections be prevented on MY Team?**

Both the National Collegiate Athletic Association (NCAA) and the Centers for Disease Control and Prevention (CDC) have identified CA-MRSA as an emerging problem for athletic participants. The NCAA recommends practicing good personal hygiene and avoiding contact with infected areas to prevent the transmission of CA-MRSA.

**Role as an Educator**

- Encourage athletes who participate in sports involving contact (football, wrestling, etc.) to shower with soap as soon as possible after practices and competitions.
- Encourage athletes who participate in activities where equipment is often collectively used to reduce sharing and/or regularly clean equipment with commercial disinfectants or a 1:100 solution of diluted bleach (1 tablespoon bleach in 1 quart water).
- Encourage players not to share towels or other personal items such as uniforms or equipment.
- Educate players on the importance of wound care and hand hygiene.

**Role as an Administrator**

- Ensure availability of adequate soap and hot water.
- Establish routine cleaning schedules for shared equipment (i.e., towels, uniforms, helmets, athletic equipment/mats).
- If a player has a wound that cannot be covered adequately, consider excluding the player from practice or competitions until the wound can be covered or has completely healed.