

MRSA

methicillin-resistant *Staphylococcus aureus*

a guide for athletes

MRSA stands for methicillin-resistant *Staphylococcus aureus*. *Staphylococcus aureus* (often called “staph”) is one of many bacteria that normally reside in or on humans and does not usually cause infection. MRSA is a type of staph infection that is resistant to treatment with methicillin and other antibiotics in the penicillin family.

MRSA is typically seen as a skin infection that is red, swollen, warm and tender, and may look like a spider bite or infected hair follicle.

MRSA is usually transmitted from person to person through skin-to-skin contact. It can also be transmitted when a person’s broken, infected skin touches a surface, and then the same surface is touched by another person’s broken skin.



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RESOURCES FOR INFORMATION

Ohio Department of Health (ODH):

www.odh.ohio.gov

Centers for Disease Control and Prevention (CDC):

www.cdc.gov/mrsa/community/schools/

Environmental Protection Agency (EPA):

www.epa.gov/oppad001/chemregindex.htm

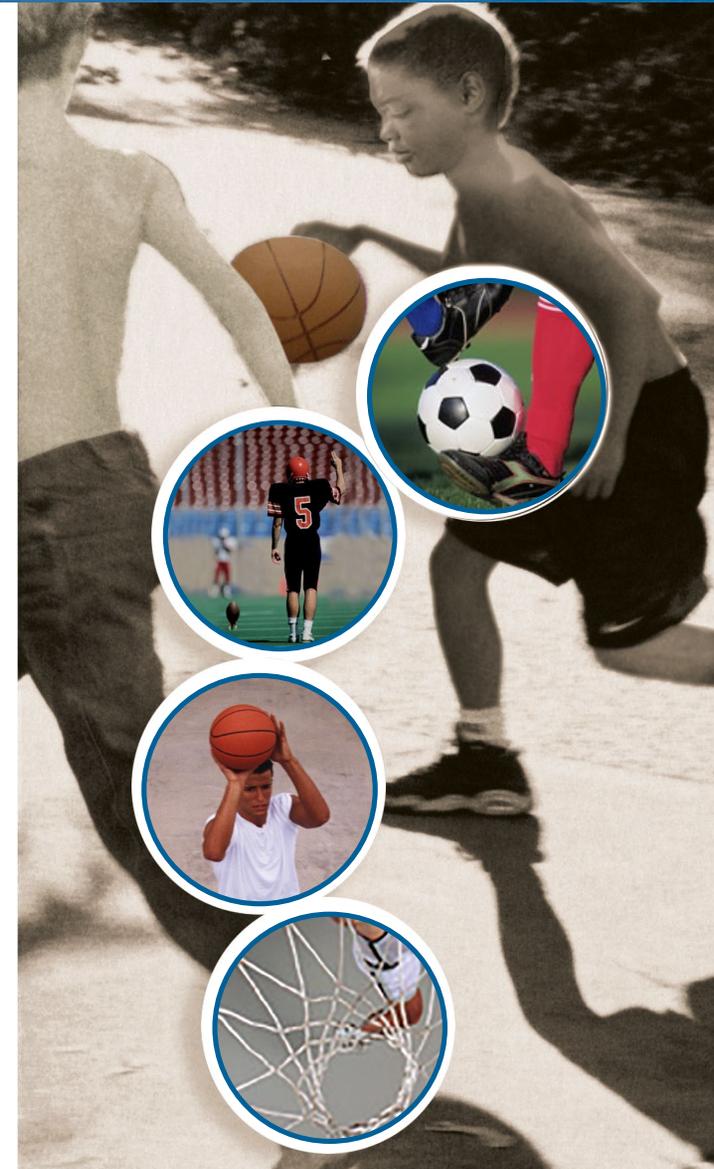
Ohio Department of Health
246 North High Street
Columbus, Ohio 43215

John R. Kasich, Governor
Richard Hodges, Director of Health



www.odh.ohio.gov

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Some things you shouldn't share

The best way to prevent MRSA is good hygiene

Athletes must follow good hygiene practices at home and at school to prevent many illnesses

MRSA IS PREVENTED BY:

- Frequent hand washing with soap and water or alcohol-based hand sanitizers
- Cleaning any breaks in the skin, such as a cut, and covering it with a bandage until healed
- Bathing regularly, especially after athletic competition or other skin-to-skin contact
- Changing bedding and towels often and washing in hot water and drying thoroughly
- Not sharing personal items such as towels, razors or toothbrushes
- Seeing your health care provider and following instructions if you have an infection

Clean shared equipment, such as weight machines, before and after each use

STAY IN THE GAME:

As long as a wound can be completely covered by a bandage that stays in place and contains any drainage, an infected athlete may compete

ATHLETES SHOULD NOT:

- Share personal items such as towels, soap and razors
- Share a whirlpool or ice bath if they have a break in the skin such as a cut or turf burn
 - Share ointments

ATHLETES SHOULD:

- Shower after each practice or competition
- Wash uniforms and towels in hot water after each use and dry completely
- Report any suspicious skin injuries to their coach, parent and/or health care provider
- Follow all the directions of their health care provider if they are diagnosed with MRSA
- Clean shared equipment, such as weight machines, before and after each use
- Cover all turf burns and other breaks in the skin
- Frequently wash their hands with soap and water or an alcohol-based hand sanitizer

Athletes and coaching staff should frequently wash their hands with soap and water or an alcohol-based hand sanitizer



Wash uniforms and towels in HOT water after each use and dry completely

