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# WAYS TO PREVENT SKIN INFECTIONS: A PLAYER'S GUIDE



## ***Cover Cuts & Sores!***

*With a bandaid or wrap before you play*



## ***Wash Up!***

**With soap and hot water**



## ***Don't Share!***

**Towels, clothes or personal items**



## ***Show & Tell!***

**Show cuts & sores  
to your coach**



## ***Be Prepared!***

**Learn first aid for cuts  
& sores**



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# MEASURES FOR PREVENTING STAPHYLOCOCCAL SKIN INFECTIONS AMONG SPORTS PARTICIPANTS

## Centers for Disease Control Recommendations for School Athletic Teams



Cover all wounds. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.



Encourage good hygiene, including showering and washing with soap after all practices and competitions.



Ensure availability of adequate soap and hot water



Discourage sharing of towels and personal items (e.g., clothing or equipment).



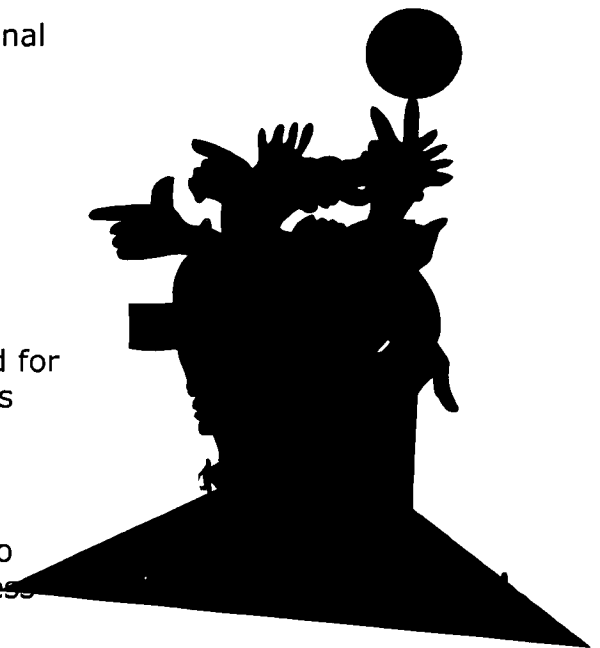
Establish routine cleaning schedules for shared equipment.



Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.



Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.





STATE OF WEST VIRGINIA  
DEPARTMENT OF HEALTH AND HUMAN RESOURCES

Joe Manchin III  
Governor

Martha Yeager Walker  
Secretary

## **Information for Parents and Schools on Community-associated Methicillin Resistant *Staphylococcus aureus* (CA-MRSA)**

October 17, 2007

### **What is *Staphylococcus aureus* (staph)?**

*Staphylococcus aureus*, often simply referred to simply as "staph," are bacteria commonly carried on the skin or in the nose of healthy people. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics.

### **What is MRSA (methicillin-resistant *Staphylococcus aureus*)?**

Some staph bacteria are resistant to antibiotics. MRSA is a type of staph that is resistant to some common antibiotics. MRSA has been present for a long time in hospitals and health care facilities. The health-care strain affects persons who are ill and the strain is resistant to many antibiotics. A new community strain of MRSA commonly affects healthy persons and is sensitive to many antibiotics. This community strain is now the most common cause of skin infections in many communities in the U.S., including many communities in West Virginia.

### **What does a staph or MRSA infection look like?**

Staph bacteria, including MRSA, can cause skin infections that may look like a pimple or boil and can be red, swollen, painful, or have pus or other drainage. In many cases, MRSA may be initially mistaken for a spider bite. More serious infections may include pneumonia, bloodstream infections, surgical wound infections or other deep infections.

### **How can staph or MRSA skin infections be prevented?**

There are many things that we can do to prevent the spread of MRSA in our schools and our communities. Stressing the importance of good hygiene is vital in preventing the spread of MRSA in our schools and locker rooms. MRSA may be resistant to some of our strongest drugs, but it cannot resist hand washing.

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## **Information for Parents and Schools on Community-Associated Methicillin Resistant Staphylococcus Aureus (CA-MRSA)**

### **Are staph and MRSA infections treatable?**

Yes. Most staph and MRSA infections are treatable. Warm soaks and incision and drainage ('lancing') are the basis for treatment of simple skin infections. If an antibiotic is prescribed, be sure to take the medication as prescribed, even if the infection is getting better. Do not share antibiotics with other people or save unfinished antibiotics to use at another time.

Remember that many staph skin infections may be treated by draining the abscess or boil and may not require antibiotics. Consult your doctor for advice.