

## Hey Athletes! Be Aware and Prevent Staph and MRSA Infections.

### Staphylococcal (Staph) Infections



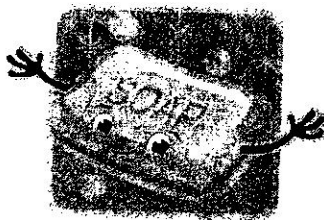
Staph is a germ that commonly causes boils (like a large, red, painful pimple that may have a white "head") or other sores. Most infections occur when the staph bacteria enter through a break in the skin (cut or scrape) or when broken skin touches objects (such as clothing, bed linens, or furniture) that have been soiled by a draining wound. If you have a draining wound you can also spread the germ to other parts of your own body. Do not "pop" or open any boil or sore. Cover all sores with a bandage.

### MRSA (Methicillin Resistant *Staphylococcus aureus*)



Some staph bacteria have developed resistance, meaning the usual antibiotics can no longer kill these bacteria. MRSA staph can no longer be killed with antibiotics related to penicillin. MRSA outbreaks associated with sports teams have been reported since 2002. These outbreaks have included wrestling, volleyball, and, most frequently, football.

Hand washing is the best way to help prevent the spread of germs.



Wash hands with soap and water for *at least 15 seconds*.

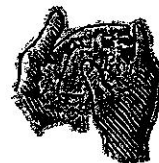
Use a clean towel or cloth to dry your hands.

Use alcohol-based hand sanitizer if soap and water are not available.

Wash before eating, after exercising, after using the toilet, and after sneezing, coughing, or blowing your nose.

### Other Precautions

→ Keep your hands away from your nose and groin → Do not share towels, soap, lotion, razors, or other personal care items, even on the sidelines at games → Shower with soap and water as soon as possible after sports → Dry off with a clean towel → Wash laundry with hot water and dry on the hottest possible setting



For more information contact your doctor or athletic director. Additional information is available from Texas DSHS or the CDC.

This handout is for education and prevention only; it is NOT a diagnosis.