

Prevention Tips

Personal measures

- Wash hands frequently with soap and water or use an alcohol based hand sanitizer
- Do not share personal items (examples: clothes, towels, uniforms, equipment, razors)
- Shower after athletic activities
- Athletes should avoid cosmetic shaving of arms and legs
- Towels and uniforms should be washed after every use
- During athletic activities, if possible, consider covering arms and legs with clothing
- New wounds (examples: scrapes, abrasions, scratches, and any break in skin) should be cleaned immediately
- Use proper bandages to keep wounds clean, dry and covered
- Do not apply antibacterial cream to wounds unless directed by a medical provider
- Students and staff should report skin infections to the school nurse and to coaches/athletic trainers/physical education teachers
- See a medical provider if the skin begins to appear infected- red, hot, swollen, tender or draining fluid

Institutional measures

- Soap and water or alcohol based hand sanitizers should be readily available
- Exclude students and staff from school and athletics if a wound is draining and cannot be kept clean, dry and covered
- If a wound is draining and is uncovered, the student should be evaluated by the school or athletic trainer
- During athletic activities, a first aid kit with ample dressings should be available
- Use a disinfectant that is EPA registered as effective against MRSA to clean surfaces
- Maintain a regular cleaning schedule
- Perform daily surface cleaning of areas touched frequently by large numbers of people and locker room surfaces (examples: showers, benches, countertops)
- Perform scheduled cleaning of weight room equipment and other gym equipment