

**Community – Acquired MRSA (CA-MRSA) Infection
Prevention Plan
State College Area School District Athletics Department**

What is *Staphylococcus aureus* (staph)?

Staphylococcus aureus, often referred to simply as "staph," are bacteria commonly carried on the skin or in the nose of healthy people. Approximately 25% to 30% of the population is colonized (when bacteria are present, but not causing an infection) in the nose with staph bacteria. Sometimes, staph can cause an infection. 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 (also known as antimicrobials or antibacterials). However, staph bacteria also can cause serious infections, such as surgical wound infections, bloodstream infections, and pneumonia.

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

Some staph bacteria are resistant to antibiotics. MRSA is a type of staph that is resistant to antibiotics called beta-lactams. Beta-lactam antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. While 25% to 30% of the population is colonized with staph, approximately 1% is colonized with MRSA.

With the understanding that Staph and Resistant Staph are ever present in our athletic settings, steps can be taken to drastically reduce the chances of our students contracting an infection. The prevention plan is multi-disciplined and requires the cooperation and efforts from the student-athletes, parents, the sports medicine department, coaches and the facilities, maintenance, and custodial staff.

Athletes and Families

- Keep hands clean by washing with soap and warm water or using an alcohol based hand sanitizer routinely
- Avoid sharing of towels, razors and daily athletic gear
- Properly wash athletic gear and towels after each use
- Inform athletic training staff of all active skin lesions, seeking out first aid care
- Shower after games and practices

Sports Medicine Staff

- Wash / sanitize hands between patients
- Use proper universal precautions for all wound care

- Administer first aid, and monitor skin lesions until they have healed
- If skin lesions are present, avoid the use of whirlpool or common tubs
- Refer athletes to family physicians if wounds do not respond to therapy
- Encourage Health Care providers to seek bacterial cultures to establish diagnoses
- Care and cover skin lesions before activity
- Properly launder all treatment towels
- Maintain a clean and sanitized training room
- Clean and sanitize all coolers and water bottles

Coaches

- Require athletes to cover all skin lesions
- Encourage athletes to practice good personal hygiene
 - Clean uniforms, practice clothes
 - Shower after games and practices
- Be sure that common equipment is cleaned and sanitized after each use

Facility & Maintenance

- Maintain, clean and sanitize facilities paying special attention to the following areas:
 - Locker Room surfaces
 - Showers surfaces
 - Playing surfaces
 - Athletic Training Room
 - Weight Rooms
 - Drying Room – utilizing drying system
- Increase maintenance of artificial playing surfaces to decrease turf burns, reducing pathways for staph into the bodies of athletes.
- Installation of soap and hand sanitizer in common areas.