

# Fisher-Titus Medical Center

# SPORTS INJURY GUIDELINES

*“The Winning Team for Your Athletic Health Care Needs”*

## Information about MRSA

### What is MRSA? (*Methicillin-Resistant Staphylococcus Aureus*)

- Strains of Staph bacteria that have developed a resistance to the most common antibiotics used for treatment (the methicillin family).
- It is a rapidly progressing bacteria that attacks the soft tissue area of the skin and can become systemic by entering the blood stream which endangers joints and vital organs.

### How do you contract MRSA ?

- It is spread via contact with skin that has the infection or surfaces that have come in contact with the infected skin.
- MRSA can live for months on surfaces and fabrics.
- *Kids playing sports are at greater risk because they share equipment and have skin contact which are both common causes of infections.*

### What does a Staph or MRSA infection look like?

- Staph bacteria, including MRSA, can cause skin infections that may look like a pimple, boil or ingrown hair and can be red, swollen, painful, or have pus and other drainage. (*Many occur in the armpits, neck, groin and buttocks where bacteria grow. More serious infections may cause pneumonia, bloodstream infections, or even death.*)
- The most common misdiagnosis of MRSA are spider bites, impetigo, and cellulites.

### What should I do if I think I have a Staph or MRSA infection ?

- Contact your healthcare provider immediately. Make sure you ask to have your wounds cultured for MRSA.

### Are Staph and MRSA infections treatable ?

- Yes. Most Staph and MRSA infections are treatable by intravenous antibiotics or by draining the abscess or boil. Draining of skin abscesses or boils should only be done by healthcare provider.

### How can I prevent Staph or MRSA skin infections ?

- ✓ Keep your hands clean
- ✓ Keep cuts and scrapes clean and covered with a bandage until healed
- ✓ Shower after physical activity
- ✓ Properly clean gear and equipment
- ✓ Avoid sharing personal items such as towels and razors
- ✓ Consult your trainer/physician for all active wounds

Parents, school administrators, coaches and kids need to be aware of the growing problem of antibiotic resistant germs including MRSA, because it spreads easily from person to person.

**MRSA can be prevented but awareness is the first step to protecting yourself.**



**TREAT AND COVER WOUNDS**



**DON'T SHARE PERSONAL ITEMS (LIKE TOWELS)**



**SHOWER AFTER PHYSICAL ACTIVITY**



**PROPERLY CLEAN GEAR & EQUIPMENT**



**KEEP HANDS CLEAN**



**CONSULT YOUR TRAINER/ PHYSICIAN FOR ALL ACTIVE LESIONS**

*\* Most information taken from  
[www.cdc.gov](http://www.cdc.gov)*