



## EANES SAFETY AND HEALTH Information on Staphylococcal Infections Instructions for Athletes

Antibiotic-resistant bacterial currently pose a significant health threat. Since the summer of 2002, outbreaks of skin infections caused by antibiotic-resistant bacterial have been reported in sports teams including wrestling, volleyball and football. This information is provided to assist you in the control and prevention of “staph”. infections.

### What is it?

- Staphylococcus aureus commonly causes boils and soft tissue infections, as well as more serious conditions such as pneumonia or blood stream infections.
- Usually occurs in the armpit, groin, genital areas and the inside of the nose.
- Occurs through direct physical contact of the staph bacteria with break in the skin (cut or scrape) or during contact with inanimate objects soiled with wound drainage.
- Bacterium is NOT carried through the air and is not found in dirt or mud.
- MRSA, methicillin resistant staphylococcal aureus infection, is resistant to most antibiotics used to treat staph infections.



### Preventing Staph Infections

*Hand-washing is single most important behavior in preventing infectious diseases.*

### Proper Way To Wash Your Hands

1. Use warm water.
2. Wet your hands and wrists.
3. Use bar or liquid soap.
4. Work soap into a lather.
5. Wash between fingers up to wrist and under fingernails for at least 15 seconds.
6. Dry using a clean towel.
7. Use alcohol based sanitizer to wash hands if hand washing facilities are not available.

### Other Precautions:

- Keep your hands away from your nose and groin.
- Do NOT share towels, soap, lotion or other personal care items, even on the sidelines at games.
- Shower with soap and water as soon as possible after direct contact sports.
- Dry using a clean dry towel.
- Use moisturizing lotion to prevent dry, cracked skin.
- Wash your towels, uniforms, scrimmage shirts and any other laundry in hot water and ordinary detergent.
- Inform your parents of these precautions.
- More specific directions may be pro-

### Wash Hands

- After sneezing, blowing or touching your nose.
- After using the toilet.
- Before leaving the athletic area.

# Treating Wounds

*Consider a wound infectious if there is any pus from the wound, especially if accompanied by fever, redness or tenderness around the wound. Once the wound has no drainage and/or treating physician clears the athlete, the person can be considered non-infections.*

## SEE A DOCTOR

- A physician should examine the wound.
- A culture and susceptibility test should be performed to determine what bacteria you have and what antibiotic would be most effective.
- Take all medication prescribed even after the infection seems to have healed.
- If a topical ointment is prescribed, apply as directed.
- Follow all directions the physician gives you.
- Inform your physician if you are not responding to treatment.



## At School

1. Follow any instructions that your athletic trainer, coach, or school nurse give you regarding direct contact with other persons at school.
2. Carry and use an alcohol based sanitizer when soap and water are not available.
3. Wash hands immediately after contact with the wound.
4. Do not take antibiotics to prevent an infection.
5. Do not use other's medication.

## How to Care for Wounds at Home

- Keep the wound covered.
- Avoid direct contact with others until wound is no longer draining.
- Follow instructions by your physician on resuming your usual activities.
- Wash your hands frequently, especially before and after changing bandages.
- Dispose of all materials that come in contact with the wound in a separate plastic bag and close before disposing of in the household trash.
- Use isopropyl alcohol to disinfect reusable materials, such as scissors or tweezers after each use.
- All items that come in contact with the wound must be disinfected with a fresh (prepared daily) mix of one tablespoon of household bleach to one quart of water or a phenol containing product such as Lysol or Pine Sol. (Clorox towelettes also work great!)
- Have a designated chair or area for sitting. It should be a hard surface or an easily cleaned plastic cover for easy disinfections. No one should sit there until the wound has healed completely.
- Handle and launder all clothing, towels, and linens that come in contact with wound separately from those of other members of the household. Use a separate hamper.
- Articles that come in contact with the wound should be washed in hot water with the usual detergent.
- Towels and linens should be changed daily.
- Do not share ointments or antibiotics.

### ADDITIONAL SOURCES OF INFORMATION

When in doubt of the correct procedure to follow, contact your healthcare provider, your local or regional health department, or the Texas Department of Health.

Texas Dept. of Health  
[Http://www.tdh.state.tx.us/ideas/factsht/factsht.htm](http://www.tdh.state.tx.us/ideas/factsht/factsht.htm)

Centers for Disease Control and Prevention  
[Http://www.cdc.gov/ncidod/hip/ARESIST/mrsa.htm](http://www.cdc.gov/ncidod/hip/ARESIST/mrsa.htm)  
[Http://cdc.gov/drugresistance/community/](http://cdc.gov/drugresistance/community/)

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