
NYSDOH Recommendations to Prevent CA-MRSA

Wound Care

- Practice appropriate first aid at all times—cuts or other abrasions on the skin should be washed with soap and water.
- Cover all wounds. A clean dressing should be applied every day until healed.
- All open wounds need to be cared for with the use of gloves to avoid exposure or cross-contamination of environment.
- Soiled dressings should be handled with gloves and adequately disposed of after handling.
- Wash hands frequently after exposure to contaminated persons and equipment.

Prevention Strategies

- Practice good hand hygiene. Coaches and trainers should always use gloves when attending to athlete wounds. After performing care, hands should be either washed with soap and water or alcohol-based hand sanitizers.
- Assess skin regularly for any lesions. Refer wounds to appropriate healthcare personnel and assure little to no contact to other players.
- Learn to recognize wounds that could be potentially infectious.
- Launder personal items (i.e., towels) and clean sports equipment frequently, ideally after each use.
- Encourage school nurse participation in teaching players how to recognize wounds at the beginning of every season.
- If an infection is identified, involve appropriate personnel (i.e., school nurse, administration, and if applicable parents) to take proper precautions in avoiding the spreading of the infection.
- Report any clusters of skin infection to your local health department.

For additional information on MRSA:

Visit:

New York State Department of Health

www.health.state.ny.us

Centers for Disease Control and Prevention

www.cdc.gov

You may also contact:

Local health department

A Guide for Coaches: Control and Prevention

Information in this brochure has been adapted from the Centers for Disease Control and Prevention, a division of the Department of Health and Human Services

Photo Credit: CDC



Community- Associated MRSA (CA-MRSA) in Athletic Settings

A Guide for Coaches: Control and Prevention



New York State Department of Health

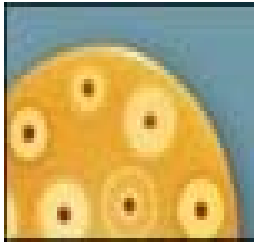
Bureau of Communicable Diseases
Empire State Plaza
Corning Tower
Albany, NY

What is *Staphylococcus aureus*?

Staphylococcus aureus (*S. aureus*) is a bacteria commonly found on the skin and in the nose of 20-30% of **healthy** individuals. This bacteria often causes skin infections, however it can also cause other more serious infections, such as pneumonia or bloodstream infections.

What is MRSA?

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a strain of *S. aureus* that is resistant to methicillin, an antibiotic in the same class as penicillin. MRSA is traditionally seen in people recently hospitalized or who have been treated at a healthcare facility (such as a dialysis center).

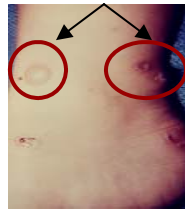


What is CA-MRSA?

Community-associated MRSA infections are considered to be community-associated because they occur in people who **have not** been hospitalized or had a medical procedure (i.e., dialysis or surgery) within the past year.

CA-MRSA infections have been documented among **athletes**, prisoners, military recruits, daycare attendees, injection drug users, and others who live in crowded settings or routinely share contaminated items.

What does a CA-MRSA skin infection look like?



A skin infection with CA-MRSA can begin as a reddened area on the skin, or resemble a pimple that can develop into a skin abscess or boil causing fever, pus, swelling or pain.

Infection site: ankle
May be mistaken for spider bites

CA-MRSA skin infections can be treated by incising, draining, and locally caring for the wound. Antibiotics can be administered as necessary. These infections can progress to a more serious and difficult to treat stage if not treated properly.

It is also possible for a preexisting cut, turf-burn or other irritated area on the skin to develop an infection with CA-MRSA if the area is not kept clean and dry.

How is CA-MRSA spread?

CA-MRSA is spread through person-to-person contact or contact with a contaminated item such as a towel, razor, clothing/uniforms, and athletic equipment. Poor hygiene practices help facilitate the spread of the pathogen.



How can CA-MRSA skin infections be prevented on MY Team?

Both the National Collegiate Athletic Association (NCAA) and the Centers for Disease Control and Prevention (CDC) have identified CA-MRSA as an emerging problem for athletic participants. The NCAA recommends practicing good personal hygiene and avoiding contact with infected areas to prevent the transmission of CA-MRSA.

Role as an Educator

- Encourage athletes who participate in sports involving contact (football, wrestling, etc.) to shower with soap as soon as possible after practices and competitions.
- Encourage athletes who participate in activities where equipment is often collectively used to reduce sharing and/or regularly clean equipment with commercial disinfectants or a 1:100 solution of diluted bleach (1 table spoon bleach in 1 quart water).
- Encourage players not to share towels or other personal items such as uniforms or equipment.
- Educate players on the importance of wound care and hand hygiene.

Role as an Administrator

- Ensure availability of adequate soap and hot water.
- Establish routine cleaning schedules for shared equipment (i.e., towels, uniforms, helmets, athletic equipment/mats).
- If a player has a wound that cannot be covered adequately, consider excluding the player from practice or competitions until the wound can be covered or has completely healed.