

# MRSA

methicillin-resistant *Staphylococcus aureus*

a guide for coaches

MRSA stands for methicillin-resistant *Staphylococcus aureus*. *Staphylococcus aureus* (often called “staph”) is one of many bacteria that normally reside in or on humans and does not usually cause infection. MRSA is a type of staph infection that is resistant to treatment with methicillin and other antibiotics in the penicillin family.

MRSA is typically seen as a skin infection that is red, swollen, warm and tender, and may look like a spider bite or infected hair follicle.

MRSA is usually transmitted from person to person through skin-to-skin contact. It can also be transmitted when a person's broken, infected skin touches a surface, and then the same surface is touched by another person's broken skin.



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## RESOURCES FOR INFORMATION

Ohio Department of Health (ODH):

<http://www.odh.ohio.gov>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/Features/MRSAinSchools>

Cleaning:

<http://www.epa.gov/oppad001/chemregindex.htm>

Ohio Department of Health  
246 North High Street  
Columbus, Ohio 43215

Ted Strickland, Governor  
Alvin D. Jackson, M.D., Director of Health



<http://www.odh.ohio.gov>

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Some things you shouldn't share

# The best way to prevent MRSA is good hygiene

## THE COACH'S ROLE

Coaches and athletic trainers must:

- Maintain clean facilities
- Enforce proper hygiene practices
- Administer proper first aid to avoid infection
  - Require athletes to report suspicious skin injuries and infections; refer to a health care provider if necessary
    - Allow an athlete to compete if the wound can be adequately covered by a bandage that stays in place and contains drainage
      - Wash hands after touching athletes

Athletes and coaching staff should frequently wash their hands with soap and water or an alcohol-based hand sanitizer



## CLEANING AND PREVENTION

Methicillin-resistant *Staphylococcus aureus* (MRSA) prevention is key. Appropriate cleaning is necessary for disease prevention.

- Athletic uniforms should be washed in hot water and completely dried between uses
- Shared gear (such as helmets) should be cleaned after each use
- Large, shared equipment (such as weight machines) should be cleaned before and after use by each person
- Whirlpools and ice baths should be cleaned between uses by each person
- Do not share items such as ointments among athletes
- Use a 10 percent bleach solution or an Environmental Protection Agency-registered cleaning agent to clean the environment on a regular basis. Don't forget the mats



Wash uniforms in HOT water after each use and dry completely

## ENFORCE HYGIENE AMONG ATHLETES

### ATHLETES SHOULD:

- Shower after each practice or competition
- Wash uniforms in hot water after each use and dry completely
- Report any suspicious skin injuries to the coach, parent or health care provider
- Follow all the directions of their health care provider if they are diagnosed with MRSA



### ATHLETES SHOULD NOT:

- Share personal items such as towels, soap and razors
- Share a whirlpool or ice bath if they have a break in the skin such as a cut or turf burn
- Share ointments

