

## **Don't Let a Skin Infection Sideline Your Teenager**

**What is MRSA?** MRSA (Mur-sa) is a type of “staph” infection that is resistant to many antibiotics and frequently causes skin infections.

**What do MRSA infections look like?** Often a MRSA infection will look like a spider bite, a boil, abscess or turf burn.

**How is MRSA Spread?** MRSA skin infections are generally spread by skin-to-skin contact or by direct contact with the infected wound drainage. MRSA may also be spread by contact with contaminated surfaces or things such as sports equipment or personal hygiene items. MRSA skin infections are not spread through the air.

**How do you prevent and control the spread of MRSA?** Wash your hands frequently with soap and water or use 60% alcohol-based hand sanitizer if water is not available. Avoid sharing personal items such as bar soap, towels, washcloths, razors, clothing or athletic equipment. Report any suspicious skin infection to your healthcare provider immediately. If you participate in sports, shower immediately after each practice, game, or match. Wear practice uniforms only once; wash with soap and hot water, dry in hot dryer. Avoid contact with skin infection of others.

### **The following are suggestions to prevent the spread of infectious and communicable diseases:**

- Immediately shower after practice or competition.
- Wash all athletic clothing worn during practice or competition daily.
- Wash all athletic gear (such as knee or elbow pads) periodically and hang to dry.
- Clean and disinfect protective equipment such as helmets, shoulder pads, Catcher's equipment and hockey goalie equipment on a regular basis.
- Do not share towels or personal hygiene products with others.
- All skin lesions should be covered before practice or competition to prevent risk of infection to the wound and transmission of illness to other participants.
- All new skin lesions occurring during practice or competition should be properly diagnosed and treated immediately.