

STAPH/MRSA SKIN INFECTIONS

Drug sensitive Staph bacteria is commonly found on the skin of healthy persons. Recently, athletes in the Dallas area are getting skin infections caused by **Staphylococcus aureus** ("Staph") bacteria that are resistant to many antibiotics (drugs that kill bacteria), also called **methicillin-resistant Staphylococcus aureus - "MRSA"**. Carrollton-Farmers Branch ISD is working with local health departments in helping to prevent these infections from spreading.

What is a Staph/MRSA skin infection?



It can be a pimple, rash, boil, or an open wound.

Staph/MRSA is often misdiagnosed as spider bites. Symptoms of a staph/MRSA infection include redness, warmth, swelling, pus, tenderness of the skin, pimples, boils or blisters. The skin lesions may progress quickly from a skin or surface irritation to an abscess or serious skin infection. If left untreated it can infect blood and bones.

How do Staph/MRSA skin infections spread?

Staph/MRSA lives on skin and survives on objects for several days.

Drainage from skin lesions can spread bacteria to other parts of a person's body or to other persons. The cleanest person can get a Staph/MRSA infection. Staph/MRSA can rub off the skin of an infected person onto the skin of another person during skin to skin contact. Or, the Staph/MRSA can come off of the infected skin of a person onto a shared object or surface, and get onto the skin of the next person who uses it. In other words, anything that could have touched the skin of a Staph/MRSA infected person can carry the bacteria to the skin of another person.

How can I prevent myself or my family members from getting infected?



Hand washing is the single most important behavior in preventing the spread of any communicable disease.

Wash your hands with soap and warm water. Keep cuts and scrapes clean with soap and water. Clean objects that you share with other persons, such as athletic equipment, before you use it. Always wash uniforms, towels, and any other shared laundry that might be carrying Staph/MRSA in hot water and ordinary detergent. Dry the items in a dryer on the hottest possible cycle.

What should I do if I think I have a skin infection?



Consult your doctor or healthcare provider.

Early treatment can help prevent the infection from getting worse. If you are prescribed antibiotics, be sure to take all of your medication. Be sure to follow the directions from your healthcare provider closely, even when you start to feel better.

If my doctor or healthcare provider has told me that I have a Staph/MRSA skin infection, what can I do to keep others from getting infected?



Clean your bandages, your hands, and your home. Notify your athletic trainer and/or school nurse.

Keep the infected area covered with clean, dry bandages. Pus from an infected wound can infect others.

Wash your hands frequently with soap and warm water, especially after changing your bandages or touching infected skin.

Regularly clean your bathroom, kitchen, and all other rooms, as well as your personal items. Wash clothes and other items that become soiled with hot water. Drying clothes in a hot dryer, rather than air-drying, also helps kill Staph/MRSA in clothes.

Tell anyone who treats you that you have a Staph/MRSA skin infection.

What is Carrollton-Farmers Branch ISD doing to help prevent the spread of Staph/MRSA?

CFBISD is approaching Staph/MRSA from two perspectives: education and cleaning procedures.

Educational information will be sent home with all athletes. Coaches will emphasize the importance of cleanliness in the gyms, training facilities, and locker rooms. All known Staph/MRSA cases will be reported to the school nurses and included in her communicable disease report. Maintenance and Facilities Departments will be updated with the current Staph/MRSA cases so they can implement appropriate cleaning procedures.

Custodians will clean all athletic equipment at secondary campuses nightly. Coaches will use a specified disinfectant on all training equipment twice daily. Student athletes will be responsible for wiping down exercise/training equipment after use with a disinfectant provided by the district. Soap dispensers in all secondary campus showers and locker rooms will contain antibacterial soap.