

September 16, 2008

### **MRSA (Methicillin- Resistant Staphylococss Aureus)**

MRSA is a drug resistant Staph infection which frequently manifests itself as a skin infection similar to a boil, pimple or spider bite.

All athletes should practice universal precautions including:

- 1) Showering immediately after practice/games.
- 2) Wash your hands frequently.
- 3) Clean your equipment daily. Make sure that practice gear is washed in hot water and dried on a high temperature setting.
- 4) Hardware (personal equipment) should be washed down regularly with a 10% bleach solution (bleach/water) and allowed to air dry in a well ventilated area.
- 5) Do not share towels, razors, soap, or personal equipment.
- 6) Notify an athletic trainer if you have a suspicious lesion.
- 7) Keep all wounds /cuts covered and clean.

MRSA can be a serious infection if it is not treated with due diligence and respect. Every athlete needs to do their part to minimize the spread of any infection by following the universal precautions on a daily basis.

More information about MRSA can be found on the following websites:

- a) Position Statement National Athletic Trainers Association  
[http://www.nata.org/statements/official/MRSA\\_Statement.pdf](http://www.nata.org/statements/official/MRSA_Statement.pdf)
- b) Public information from the CDC:  
[http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html)
- c) Managing MRSA American Academy of Family Physicians:  
<http://www.aafp.org/afp/20051215/2474.html>

If you need more information, please contact HHS Athletic Training staff:

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