

Preventing MRSA Infection

1. Handwashing is the single most important means of preventing the spread of infection!
 - Wash hands frequently with soap and water for at least 15 seconds. If soap is not available Alcohol-based hand sanitizer should be used.
2. Shower with soap/water immediately after practices, games and matches either at school or home.
3. Do NOT share personal items:
 - Bar soap Clothing/uniforms
 - Towels Lip balm
 - Razors Water bottles
4. Be responsible about checking skin for any suspicious sore, pimple or boil on any area of your body but do not forget the hidden areas on the back of the neck, groin, buttocks, armpits and thighs. Report if found to your parent, trainer, coach, healthcare provider or school nurse immediately.
5. Any cut or break in the skin should be washed with soap and water and a clean dry bandage applied daily until healed.
6. Athletes in contact sports (other than wrestling) should cover sores/cuts with a securely attached bandage that will contain all drainage and remain intact throughout the activity.
 - According to IHSAA wrestling rules, athletes should not participate in wrestling until cuts/sores are healed.
7. Wear practice clothes and uniforms only once and then wash.
8. Unless directed by a health care provider students or student athletes should not be excluded from attending school or athletic activities.
9. Athletic equipment such as wrestling or gymnastic mats, helmets and other protective equipment should be wiped down regularly with an appropriate solution. Wipe weight room equipment/benches before and after use.
10. Do NOT use whirlpools, ice baths, therapy pools and other common-use water facilities if you have an open wound.