

GUIDELINES FOR THE PREVENTION AND CONTROL OF COMMUNITY-ACQUIRED MRSA AMONG COLLEGE ATHLETES:

EDUCATION

- Hygiene practices to include showers after each practice with antibacterial soap in dispensers placed in showers and at sinks.
- Proper laundering of all practice gear i.e., undergarment and outer wear.
- Avoid sharing towels on sidelines, mat side or courtside.
- Avoid whirlpools or common tubs with any wounds, scrapes or abrasions without seeking advice from an athletic trainer.
- Avoid sharing razors disposal or otherwise and athletic gear i.e., t-shirts/shorts and gear/equipment.

PRIORITY

- Athletes must report all abrasions (turf, grass, mat or court), cuts, skin lesions to athletic trainers for proper cleansing, treatment and wound dressing.
- Athletic trainers should refer any suspicious skin lesion to team dermatologist to seek a bacterial culture to establish a diagnosis.
- All wounds must be treated and covered by an athletic trainer previous to participation.
- Facilities must be cleaned daily with a hospital grade broad spectrum disinfectant used on all surfaces including locker rooms, showers and weight room.
- All health care personnel must keep hands clean by washing thoroughly with an antibacterial soap routinely.

RECOMMENDATIONS

- Provide skin exams when necessary for team members previous to practice.
- Provide spray bottle of disinfectant to wipe down weight equipment after each use by athlete.
- Athletic trainers should disinfect bandage scissors routinely after wound management for skin lesion.

NOTE: IN THE STATES OF OHIO, KENTUCKY, AND VERMONT DURING 2004-2005 THERE WERE 51 REPORTABLE CASES OF “STAPH” PRODUCING 44 MRSA INFECTIONS AS A RESULT OF INSTRUMENTS USED BY 13 TATTOO ARTISTS!!!