

## Methicillin-Resistant Staphylococcus Aureus (MRSA)

MRSA (mer-sa) is a type of infection caused by *Staph* bacteria that is resistant to some common antibiotics such as penicillin.

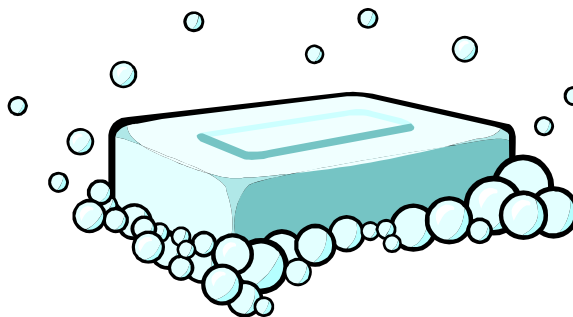
Staph and MRSA are spread by direct physical contact with an infected individual or by touching objects contaminated with the bacteria such as towels, uniforms, or sports equipment.



The infected area usually starts out as a small bump resembling a pimple, which becomes redder and can develop pus drainage.



Report any suspicious skin sores to your parents, coach, trainer or school nurse. See your health care provider!



**To prevent this infection, athletes should:**

- wash hands frequently
- shower immediately after physical activity
- never share personal hygiene items
- cover any open sore on skin when involved in contact sports.
- clean and disinfect all shared athletic equipment after each use (mats, pads, helmets, etc.)



## What athletes need to know:

If you participate in sports involving close personal contact such as wrestling and football:

### Don't

Share personal hygiene items such as:

- toothbrush
- towel
- razor
- soap

### Do

Wash hands frequently and shower immediately after:

- workout
- practice
- competition

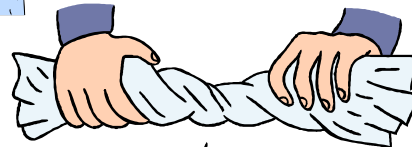
Check your skin daily and report any suspicious skin sores to:

- your parents
- coach
- trainer
- school nurse

Cover any open sore on skin when involved in contact sports.

Wipe down non-washable equipment with alcohol after each use.

See a doctor if pimples, rashes or boils get worse.



# Keep MRSA Out of the Locker Room

