



Prevention Information

What is community acquired MRSA? MRSA - methicillin-resistant Staphylococcus aureus – a “staph infection” that is resistant to most powerful antibiotics that exist today. **Key targets are young, physically fit athletes in contact sports.**

Who's at risk?

- Players who come in contact w/ other players
- College, High School, Grade School athletes

Did you know that over 1/3 of all healthy people carry MRSA/staph infections on their skin (this is normal)? Did you know the number of cases has more than doubled in 3 years? Did you know that a small cut/scrape/boil can be enough for MRSA to get into your system?

When the skin is broken, this bacteria can get into the blood and depending upon the strain of the staph, can cause this serious infection and illness. It's that simple.

Tips for prevention.....

- Early symptoms are often muscle pain coupled with a low grade fever.
- Get prompt medical attention for any skin wound coupled with a fever or develops a blister, boil, redness, or swelling -- symptoms of possible staph infection.
- Thoroughly wash any open wound with soap and water, no matter how minor it appears, and continue to keep it clean.
- Wash hands frequently -- especially before touching any wound.
- Avoid sharing towels, razors, combs, soap, and items that touch skin.
- Regularly wash/clean uniforms AND equipment
- Shower/change clothing after practice/games.
- Avoid sharing equipment.
- Have antibacterial cleaners available on sidelines/dugouts/etc.
- Good hygiene is key.

STAY IN THE GAME!

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