

Kea'au High School
Athletic Training
MRSA

Methicillin-Resistant Staphylococcus Aureus (MRSA) is a bacterial skin infection reported in various areas and facilities around the U.S. The first reports of infection among athletic teams surfaced several years ago. Those reports grew concerns of outbreaks among contact sport athletes. Recently our athletic programs have had several cases of this potentially deadly disease.

Wrestling and other close contact and collision sports concern athletic health care professionals. Athletic Trainers recommend the following safeguards to help prevent outbreaks among contact sport teams.

1. Use proper hand washing procedures
 - Wash hands before and after practice
 - Wash hands before and after using the restroom
 - If available, use antibacterial soap and scrub for 30 seconds

2. Don't share towels, clothes, or equipment
 - Begin daily cleaning programs for equipment and mats
 - Wash and dry clothing between each use

3. Cover all open lesions before each practice or match
 - Scratches, Scrapes, cuts, and oozing skin blemishes must be covered before participation

4. Shower with warm water and soap immediately after each practice or match
 - Wash entire body
 - If available, use antibacterial soap
 - Dry with a clean, unused towel

Please send all participants with suspicious lesions, or wound that refuse to heal, to the ATC for inspection and possible referral. Participating in athletics while infected can hasten the systemic response of the bacteria and lengthen the healing process. All participants with confirmed cases of MRSA, staph, or any other skin condition must present a clearance note from their physician in order to continue participation.

With due diligence, other types of skin infections, including fungal, viral, and bacterial should also be prevented. Questions can be referred to the athletic training staff.