

# MRSA\* is spreading in the community . . .

## Don't presume susceptibility

### In populations including:

- athletes
- prisoners
- families
- children

**Think  
MRSA\*!**

### Common misdiagnoses:

- spider bites
- MSSA\*\*



### In individuals with:

- prior antibiotic use
- healthcare exposures
- crowding
- inadequate hygiene
- skin conditions or skin breaks



Photocourtesy of the Los Angeles County Department of Health Services




**Culture before you treat!** If you have questions about community-associated MRSA, please notify your ICP \_\_\_\_\_ or local health department \_\_\_\_\_

\*Methicillin-resistant *Staphylococcus aureus*    \*\*Methicillin-susceptible *Staphylococcus aureus*



# CA-MRSA Information

- ❑ Methicillin-Resistant *Staphylococcus Aureus* (MRSA) is a type of staph that is resistant to certain antibiotics.
- ❑ Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.



## **Are certain people at increased risk for community-associated staph or MRSA infections?**

- ☐ CDC has investigated clusters of CA-MRSA skin infections among athletes, military recruits, children, and prisoners.
  - ☐ Factors that have been associated with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.
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# Outbreaks have Occurred In

- ☐ Student athletes

- ☐ Football
- ☐ Baseball
- ☐ Basketball
- ☐ Volleyball
- ☐ Fencing
- ☐ Wrestling
- ☐ Equine rider

- ☐ Jails

- ☐ Daycares
- ☐ Gyms
- ☐ Military Environment
- ☐ Locker Rooms



# Signs & Symptoms

- ☐ Fever
- ☐ Local swelling, redness, heat
- ☐ Painful lesion or pimple with or without drainage
- ☐ Boil – tender red lump with a white “head”



# What we need to do

- ☐ Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin infections and report findings to school nurse.
- ☐ Cover all open wounds.
- ☐ Wear shoes at all times.
- ☐ No team water bottles.





# What we need to do


- ❑ Encourage use of a barrier (towel or layer of clothing) between the skin and shared equipment as well as surfaces such as benches.
- ❑ Establish routine disinfectant cleaning of shared surfaces such as wrestling mats and benches in weight-room, shower and pool area.



# What we need to do

- ❑ Strongly encourage athletes and coaches participating in sports involving close personal contact to shower immediately after each practice, game or match.
  - ❑ Strongly encourage athletes to wash athletic clothing after each use.
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# What we need to do

- ❑ Do not allow athletes with active skin and soft tissue infections to participate in wrestling until wounds are completely healed (bandages can become wet with perspiration and loosen/fall off). Consider using this rule for all contact sports.
- ❑ Instruct students not to share personal hygiene items such as uniforms, towels, washcloths, razors and soap. No team towels, students should have their own with name on it.



# What we need to do

- ☐ No cut off tees or tank tops in weight room
- ☐ Place antibacterial gel or antibacterial hand wipes in weight room so that athletes clean hands before picking up or using equipment.



# What to Look For





# Treatment

- Mild to moderate disease
  - Presents with “spider bites”, soft tissue abscesses, boils
  - If caught early, found to respond to a combination of topical antimicrobials and antibiotics if needed
  - Antibiotics may be required