

MRSA

What You Should Know

- *Staphylococcus aureus* ('staph') is a very common bacterium which can live in people's noses or on their skin. It is a common cause of skin lesions, including pimples and boils, and can sometimes lead to more serious infections in the skin or other body sites.
- Some staph infections are harder to treat because the bacterium has become resistant to antibiotics typically used to treat these infections. These resistant infections may be referred to as MRSA, or methicillin-resistant *Staphylococcus aureus*.
- In the past, MRSA infections were mostly seen in hospitals. Now they are prevalent in community settings, too. Because the occurrence of these infections in community settings is relatively new, some people become alarmed when they hear about them.
- The key measures that can be taken to prevent MRSA infections are to practice good handwashing and good wound care. In addition, avoid sharing razors, towels, or other objects that could pass bacteria from one person's skin to another's.
- If you think you have an infected wound, you should see a medical care provider. MRSA can be diagnosed only through a laboratory test.
- MRSA infections can be treated. Treatment depends on the site and severity of the infection. Not all infections require oral antibiotics.
- MRSA is preventable and treatable.

Control of MRSA in Athletic Teams

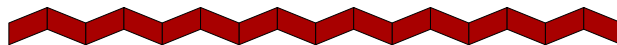
- All draining wounds must be covered with clean, dry bandages during practices and games. Bandages should be disposed of properly. If the draining cannot be contained, the player should be excused from activities.
- Hands should be washed before eating and after toileting, coughing, changing bandages, and after practices or exercising. Soap and water should be used. If they are not available and hands are not visibly soiled, alcohol-based hand sanitizers may be used.
- Disinfect mats, benches, and other surfaces that might have skin contact after each game or practice or when they become contaminated. Disinfect equipment after use with an EPA-registered cleaner or bleach solution (1 part bleach to 9 parts water).
- Do not allow sharing of any equipment, uniforms, or towels. Assign equipment and uniforms to one individual for the whole

season. Wash uniforms and towels after each use with detergent in hot water.

- Keep track of skin lesions among team members. Be on the lookout for draining wounds and encourage people with such wounds to seek medical care. Consult with your local health department for further guidance.



DISINFECTING WRESTLING MATS, TUMBLING MATS, AND SIMILAR SURFACES



Safety & Security Fact Sheet

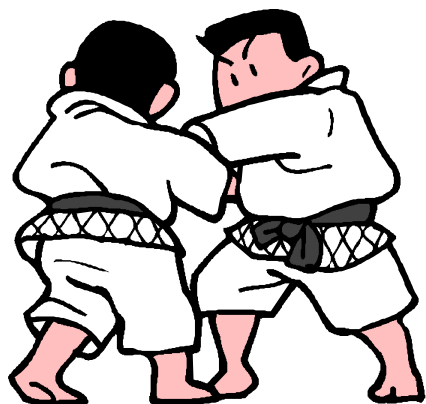
The regular cleaning and disinfecting of wrestling, tumbling and apparatus mats, wall padding, and vinyl-covered surfaces of exercise and weight training equipment is a critical deterrent to the spread of skin infections such as ringworm and impetigo. Effective spot cleaning when blood is present is required to reduce the risk of indirect transmission of bloodborne pathogens such as hepatitis B virus. The following guidelines are recommended for cleaning and disinfecting surfaces that are used regularly in organized sports activities and the physical education program:

✓ RESPONSIBILITY

Team managers, team members, or others designated by the coach normally will perform the daily cleaning and disinfecting of the sport-specific equipment (e.g., wrestling mats). Generally, this is **not** considered the responsibility of the custodial staff. The director of student activities or other appropriate administrator should designate who is responsible for cleaning and disinfecting surfaces that are used by more than one team or group. Members of the physical education staff are responsible for the proper cleaning and disinfecting of surfaces used in their programs.

✓ FREQUENCY

Clean and disinfect the contact surfaces daily or at least immediately prior to each period of use or event. Clean and disinfect both sides of reversible, portable mats. Large floor mats that are not permanently fixed to the floor should be rolled over to clean the underside at least weekly. The floor beneath the mats should be cleaned at the same time.



✓ CLEANER DISINFECTANT

Use the cleaner disinfectant concentrate (FCIN 2842-006-013) or ready-to-use product (FCIN 2842-006-014) specified in the CASPS sgsso/stck stockroom. Do not use other products without the approval of the Office of Safety and Security (OSS). Read the labels carefully. Follow directions closely. Measure carefully. Pay particular attention to pre-cleaning requirements, contact times, and safety precautions. Refer to the Material Safety Data Sheet (MSDS) for additional health hazard information. Change the solution as it becomes soiled to assure efficacy. Allow surfaces to air-dry before resuming use or storing.



✓ **BLEACH AS AN ALTERNATIVE**

Clean surfaces with an appropriate detergent and rinse before using bleach as a disinfectant. Mix one part household bleach (FCIN 2841-011-402) in ten parts water. Mix fresh bleach solution daily.

✓ **EQUIPMENT**

Use cloths, sponges, mops, and buckets that are reserved for this purpose only. Do not use equipment that is used by the custodial staff for other purposes. Thoroughly clean and rinse equipment after each use; allow to air dry. Hang mop head off the floor.

✓ **SPOT TREATMENT**

Use universal precautions. The cleanup of blood must be performed by an employee. Remove soil or body fluids from the surface by wiping with a disposable paper towel, then treat with ready-to-use product, aerosol foam cleaner disinfectant (FCIN 2842-006-001), or 1:10 bleach solution (see above). Wipe treated surfaces with clean paper towels or disposable wipes and allow drying.

✓ **ADDITIONAL INSTRUCTIONS**

Pay particular attention to the edges of mats that are placed together to form larger playing surfaces. Dirt and excess cleaning solution will collect in these joints. Tape used to align or secure wrestling mats should be removed before cleaning and disinfecting. Replace with new tape. Inspect the surfaces for damage. Damaged surfaces cannot be properly cleaned or disinfected; immediately discontinue their use. Replace surfaces that cannot be effectively resurfaced, patched, or repaired.

✓ **PREVENTION OF CONTAMINATION**

Exclude athletes or students suspected of having a communicable skin disease from participating in activities that would result in direct contact with equipment or other students. Under certain conditions the use of an appropriate topical ointment and covering may be sufficient to allow participation. However, a wrestler is required to provide a physician's written statement that the condition is no longer communicable and the athlete's participation would not be harmful to his or her opponent. Covering a communicable skin condition does not make the athlete eligible to participate in competition. Do not allow students to share towels or protective gear. Insist that participants keep clothing and protective gear clean. Always disinfect equipment and allow drying before storing.