

Burrell School District MRSA-CA Prevention Tips

Most commonly, MRSA-CA and other forms of staph infections are spread by direct contact of the bacteria with the hands, wound drainage, or secretions from the nose of a carrier. Transmission often occurs with close skin-to-skin contact, openings in the skin such as cuts and abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene. The organism grows best in warm, moist, dark environments. It is believed that direct person-to-person contact is more of a causative agent than environmental surfaces.

Keeping the facts in mind, you can protect yourself from MRSA-CA by:

- Thorough hand washing with soap and water or a good quality alcohol-based hand sanitizer.
- Keep hands away from you eyes, nose, and mouth.
- Proper wound care includes cleaning all cuts and scrapes then covering them with clean, dry bandages until healed.
- Do not sharing personal items such as towels, razors, tweezers, make-up, deodorant, ointments, creams, or antibiotics.
- Bathe daily using soap, water, and a clean towel.
- Launder sheets and towels in hot water and dry on high heat until completely dried.
- Regularly clean and disinfect surfaces, including sinks, showers, and toilets, with a bleach solution of 1/4C of household bleach in one gallon of water or another disinfectant effective against MRSA. Remember to disinfect gym and equipment bags.
- Avoid piercings and tattoos.
- Do no touch other people's cuts or bandages.
- Report to the school nurse for any breaks in the skin or skin lesions.

Additional considerations for athletes:

- Shower after each athletic practice or competition using soap, water, and a clean towel.
- Avoid piling up towels and equipment on the floor.
- Wash all athletic clothing worn during athletic practice or competition **daily**.
- Clean and disinfect equipment regularly, including gym bags.
- Use a barrier like a towel or article of clothing between your skin and shared equipment such as benches or exercise machines.
- Refrain from sharing towels or personal hygiene products by having your own supply.
- Report all breaks in the skin or any skin lesions to the athletic trainer, coach, or school nurse.