

# **Protecting Your Athlete From MRSA**

## **Practice good personal hygiene**

- Keep your hands clean by washing frequently with soap and water or using an alcohol-based hand rub.
  - At a minimum, hands should be cleaned before and after playing sports and activities such as using shared weight-training equipment, when caring for wounds including changing bandages, and after using the toilet.
  - Both plain and antimicrobial soap are effective for hand washing, but liquid soap is preferred over bar soap in these settings to limit sharing.
  - If hands are not visibly dirty and sinks are not available for hand washing, for example, while on the field of play or in the weight-room, alcohol-based hand rubs and sanitizers can be used. Alcohol-based hand rubs with at least 60% alcohol content are preferred.
- Shower immediately after exercise. Do not share bar soap and towels.
- Wash your uniform and clothing after each use. Follow the clothing labels instructions for washing and drying. Drying clothes completely in a dryer is preferred.

## **Take care of your skin**

Wear protective clothing or gear designed to prevent skin abrasions or cuts.

- Cover skin abrasions and cuts with clean dry bandage until healed. Use standard precautions, including hand hygiene before and after contact and after removing gloves when caring for nonintact skin or possible infections.

## **Do not share items that come into contact with your skin**

- Avoid sharing personal items such as towels and razors that contact your bare skin.
- Do not share ointments that are applied by placing your hands into an open-container.
- Use a barrier like clothing or a towel between your skin and shared equipment like weight-training, sauna and steam-room benches.

**\*\*Report possible infections to the nurse\*\***