

Fact Sheet

MRSA – (Methicillin-Resistant *Staphylococcus aureus*)

For Coaches

Methicillin-Resistant *Staphylococcus aureus* (MRSA)

Staphylococcus aureus (Staph) is a type of bacteria commonly found on everyone's skin. Methicillin-Resistant *Staphylococcus aureus* (MRSA) means it cannot be killed with the antibiotic methicillin.

Symptoms

MRSA most commonly affects the skin and may appear as pimples or boils which are often red, swollen, painful, or have pus or other drainage.

Treatment

MRSA can be treated with antibiotics other than methicillin. It is important that anyone who thinks they have MRSA symptoms immediately contact the community health centre.

How is MRSA spread?

MRSA is mainly found in health care settings; however it is not uncommon for MRSA to be found in school settings. MRSA can be spread by direct physical contact (shaking hands) or by touching an item that is contaminated with the bacteria. Students who are actively involved in sports need to be aware of MRSA and should understand what to do if they think they may have MRSA and how they can prevent the spread of MRSA.

How can we prevent MRSA skin infection?

As a student

- Wash your hands frequently with soap and warm water
- Avoid sharing personal items
- Talk with the staff at the Community Health Centre
- If infected – cover your infected area

In the School

- Educate students in proper hygiene and prevention practices
- Provide the proper hand washing supplies (liquid soap, and single service paper towels to dry hands).
- Position hand sanitizers for use in high traffic areas
- Monitor and ensure showering facilities are cleaned regularly.
- Monitor and ensure sports equipment that is a next-to-skin or shared item between users is regularly cleaned and disinfected using the bleach – water solution

If I have MRSA skin infection, what can I do to prevent others from getting it?

- Avoid direct contact with others
- Cover your infected area
- Wash your hands regularly, especially after you have changed your bandages or touched the infected area
- Do not share any items

If you have any concerns or questions please contact your Community Health Centre or Public Health.