

Buford City Schools Athletics Skin Disorders (MRSA)

Athletes are at high risk for skin infections due to physical contact, skin damage and the sharing of equipment. Humid crowded conditions such as those found in locker rooms provide the perfect environment for MRSA (Staph) to grow. The following information should be provided to the student and parent.

Staph is commonly carried in the nasal passages, under fingernails, or on the skin without any medical problems. It can enter the body from a cut, insect bite, or surgical incision. Normally a minor infection occurs. However, if a person has a weakened immune system from an illness, the infection becomes more serious.

Prevention involves players, coaches, parents and the school. The following practices are highly recommended in order to reduce the risk of skin infections.

1. Athletes should wash their hands thoroughly with soap and water during the day.
2. Athletes should practice good hygiene to include showering with soap and water after all practices and competitions. Previously worn clothing can cause chafing (skin damage) which puts them at an increased risk for infection.
3. Use liquid soaps and do not share bar soaps. Shower immediately after practice or competitions.
4. Wash towels after each use and do not share razors or other personal items.
5. The athlete should not store or wear previously worn or wet clothing. Wet or damp clothing is a breeding ground for fungus and bacteria.
6. The athlete must cover all wounds during workouts, practice and competition.
7. Athletes should report all skin lesions to the athletic trainer, coach and parent.
8. The athlete and parent should understand the importance of seeking medical attention at the first sign of infection. Early signs are redness and swelling of the infected area, pain, drainage/pus around an insect bite, cut or abrasion
9. Make sure all instructions for taking prescription medication are strictly adhered to when managing an infection.
10. The athlete should avoid getting into a hot tub or whirlpool until all wounds are healed