

Community Acquired
Methicillin-Resistant
Staphylococcus aureus
CA-MRSA

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Staphylococcus aureus (Staph)

- 25-30% of the population is *colonized* in their nose
- Most skin infections are pimples and boils
- Rarely causes surgical wound, blood infections, or pneumonia

What MRSA is *not*...

- A bacteria transmitted through the environment, including
 - Football fields (grass, turf)
 - Weight benches
- Transmitted through spider bites
 - **Although MRSA infections are often mistaken for spider bites!**

CDC has investigated clusters of MRSA in

- Athletes
- Military recruits
- Children
- prisoners

Recurring Methicillin-resistant *Staphylococcus aureus* | CDC EID - Microsoft Internet Explorer

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Research


Recurring Methicillin-resistant *Staphylococcus aureus* Infections in a Football Team

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Methicillin-Resistant *Staphylococcus aureus* Infections Among Competitive Sports Particip - Microsoft Internet Expl...

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Methicillin-Resistant *Staphylococcus aureus* Infections Among Competitive Sports Participants -- Colorado, Indiana, Pennsylvania, and Los Angeles County, 2000--2003

Although outbreaks of methicillin-resistant *Staphylococcus aureus* (MRSA) usually have been associated with health-care institutions, MRSA is emerging as a cause of skin infections in the community. This report summarizes several reported clusters of skin and soft tissue infections associated with MRSA among participants in competitive sports and

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What do these groups have in common?

- Skin-to-skin contact
- Having cuts or abrasions
- Sharing contaminated personal items
- Living in crowded conditions
- Poor hygiene



How can we prevent these skin infections?

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Keep cuts and scrapes clean and covered with a bandage until healed.
 - Ensure that athletic trainers wash hands between wrapping injured players.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as towels or razors.

How do we clean the environment to prevent infections?

- Most cleaning agents are effective against staph bacteria
- Bleaches are the most effective antimicrobials
 - They are the only agents effective against norovirus, or the stomach flu
- Ensure that bandages or other contaminated waste are properly bagged so that they cannot be contacted

Universal precautions

- Handle all material as though it is contaminated with a pathogen
 - To protect yourself against bacteria (MRSA) and viruses (flu) use gloves or wash your hands regularly during your work

If you have or know someone with MRSA

- DO
 - Keep it covered
 - See a physician, get it cultured, and take all of your antibiotics
- DO NOT
 - Lance or pop it in a non-sterile setting
 - Stop treatment when it looks better

Other pathogens of importance to a school

- Influenza
- Norovirus
- Pediculosis
- Pertussis

Influenza

- Flu viruses can live on surfaces for 24 hours
- The flu virus can travel three feet from a cough or sneeze
- Hand-washing is the most effective way to prevent the spread of infection
- Most disinfectants are effective against influenza

Norovirus

- Use $\frac{1}{4}$ cup bleach per gallon of water to disinfect
- Quaternary ammonia (Quat) compounds are not effective against this virus
- Only steam cleaning or bleach will remove this virus