

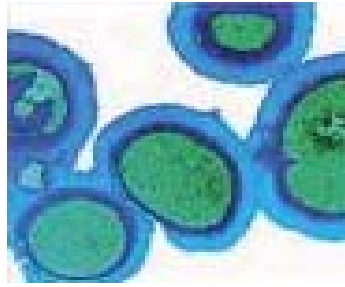
What has PTSD done to protect my child from MRSA?

The Peters Township School District is aware of the growing concern with MRSA in schools. After recent outbreaks in other districts, PTSD took proactive steps to curb the spread of MRSA in our schools by making coaches, trainers, and teachers aware of the virus and its causes. Building custodial crews now use cleaning solutions that are designed to sterilize athletic equipment and surfaces. Equipment is routinely cleaned to keep the spread of germs contained. District nurses have informational materials on hand about MRSA and parents have been informed of the causes and preventative measures to take to keep their children safe not only in school, but at home.

The PTSD reminds parents and students to:

Practice good hygiene:

- 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.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as towels or razors.



ORLANDO, Fla. - The deadly bacteria always were contained to hospitals, feasting on people with weak immune systems, people already sick.

But the bacteria have left the hospitals - and they are stronger, tougher to treat. They are bringing down healthy people, young people. Athletes.

In the fall of 2000, 10 players on a Pennsylvania college football team got staph infections. Seven were hospitalized.

A few years ago, an intern in the athletic trainer's office at the University of Central Florida got staph by scraping his leg against a table. He had to have half his calf removed.

In 2002, two players on a Los Angeles college football team were hospitalized from a staph infection. One athlete's infection was so bad he had to have the infected skin around his wound surgically removed and a skin graft put in place to cover it.

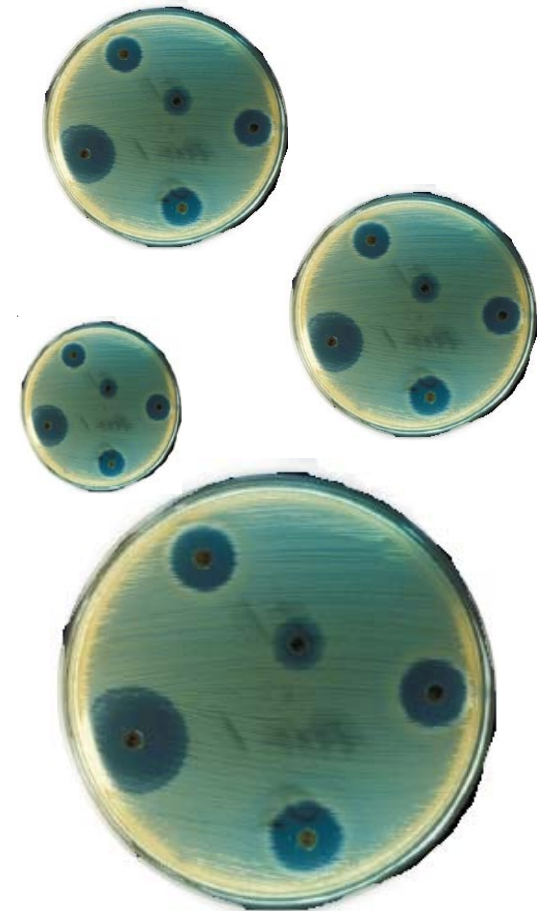
"There are different strains of staph infections - flesh-eating, bone-eating," said Kevin Mercuri, head trainer for the Orlando Predators and former head trainer for the University of Central Florida. He was there when his intern contracted the staph infection.

"It can be deadly."

Peters Township
School District

Preventing

MRSA



What is MRSA?

Methicillin-resistant *Staphylococcus Aureus* (MRSA) is a type of bacteria that is resistant to certain antibiotics. These antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes and dialysis centers) who have weakened immune systems.

MRSA infections that are acquired by persons who have not been recently (within the past year) hospitalized or had a medical procedure (such as dialysis, surgery, catheters) are known as CA-MRSA infections. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.

What does a staph or MRSA infection look like?



Staph bacteria, including MRSA, can cause skin infections that may look like a pimple or boil and can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections, or surgical wound infections.

What should I do if I think my child has a MRSA infection?

See your healthcare provider immediately.

How can I prevent my child from contracting MRSA?

In Student Athletes...

1. Wash Hands

- Wash your hands with soap and water for at least 15 seconds (or use an alcohol-based sanitizer)
- after sneezing, blowing or touching your nose
- after using the toilet
- before and after a game or practice



2. Shower

- Use soap and water as soon as possible after any sports activity.
- Dry using a clean, dry towel



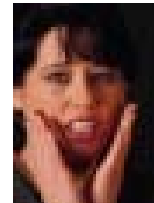
3. Do Not Share

- Avoid sharing equipment, towels, soap or any personal care items, drink containers, ointments, balms or antibiotics.



4. Avoid Contact

- Keep your hands away from your nose, mouth and eyes.



5. Wash Cloths and Towels

- After use immediately launder all towels, equipment, practice uniforms and any other laundry daily in hot water and detergent



6. Call the Doctor

- Report any skin rash, boil, abrasion, wound or turf burn promptly to the athletic trainer/coach or to a parent immediately.



7. Cover Wounds

- Keep all skin wounds completely covered with a bandage.

What are MRSA Symptoms?

- purulent drainage (pus)
- tenderness, redness or swelling
- area is warm to touch
- fever

How do I treat a MRSA infection?

As with any bacterial infection:

- consult your doctor
- tell your doctor that you are an athlete
- take all antibiotics as prescribed by your doctor, even if the infection seems to have healed
- inform your doctor, trainer and parent if the wound is not improving
- keep the wound covered at all times until completely healed
- bring a doctor's note to the trainer indicating your diagnosis and treatment plan

References:

Center for Disease Control
Allegheny County Health Department guidelines.
mrsaresources.com