



ASHLAND COUNTY - CITY HEALTH DEPARTMENT

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Equal Opportunity Employer / Provider

METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)

INFECTION CONTROL MEASURES

Outbreaks involving staph skin infections are occurring across the country and have become more common within group settings. The spread of these infections requires close contact - skin to skin, or contact with a surface recently contaminated with drainage from an open lesion. Intact skin serves as a barrier to infection.

GENERAL GUIDELINES

Basic infection control measures recommended by CDC to help prevent such outbreaks include:

- **GOOD HAND-WASHING** practices – this is the best line of defense
- Covering of open wounds
- Good general hygiene practices – including daily showers
- No sharing personal items
- Cleaning exercise and other shared equipment between uses
- Seeking medical attention for any reddened, painful, swollen or draining sores

Procedures should be in place to ensure frequent cleaning of commonly used equipment, especially in areas where skin to surface contact is common.

Ensure the surfaces of all commonly used areas are disinfected on a regular basis, particularly floors, sinks, and any other areas where bare skin touches the surface on a regular basis

Posting educational flyers addressing these issues is a good way to get the points across. Flyers discouraging the practice of tattooing should also be posted, as new tattoos create breaks in the skin through which the bacteria can enter. The dangers of tattooing should also be addressed during orientation.



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Measures for preventing staphylococcal skin infections among sports participants

- **Cover all wounds. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.**
- **Encourage good hygiene, including showering and washing with soap after all practices and competitions.**
- **Ensure availability of adequate soap and hot water.**
- **Discourage sharing of towels and personal items (clothing or equipment)**
- **Establish routine cleaning schedules for shared equipment.**
- **Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.**
- **Encourage athletes to report skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions.**