

Community-Acquired Methicillin Resistant Staphylococcus Aureus (CA-MRSA)

MRSA infection is caused by *Staphylococcus aureus* bacteria — often called "staph." MRSA stands for methicillin-resistant *Staphylococcus aureus*. It's a strain of staph that's resistant to the broad-spectrum antibiotics commonly used to treat it. MRSA can be fatal.

What is it: A bacterial infection that is resistant to the most common antibiotic treatment (penicillin, amoxicillin, methicillin, etc.)--no longer used for treatment. This is a rapidly progressing bacterium that attacks the soft tissue areas of the skin and can become systemic by entering the blood stream, endangering joints and vital organs.

Transmission: Direct contact with the infected area, contact with a surface that contacted the infected area. It can live for MONTHS on surfaces and fabrics (lives in dead skin cells)!

Signs/symptoms: Looks like a spider bite; area becomes red and hot, pustule (DO NOT POP!), may see red streaking around lesion, longer than normal healing time, unusual or unexplained pain or sensitivity, hardness in area.

Treatment: Must see physician (may become very dangerous if it gets into the bloodstream)--culture area. Keep all suspected areas covered with a dry, clean bandage, use an antimicrobial proven to kill MRSA (may use a bleach mixture with a ration of 9:1), evaluate vitals and inspect infected area daily.

Prevention: **GOOD HYGIENE is the best prevention!**

1. Frequent hand washing or use of an alcohol-based hand sanitizer
2. Cover all cuts, scrapes, rashes, skin disruptions, etc. prior to participation
3. Shower after every practice and competition **BEFORE** leaving the facility
4. Do not share personal items (razors, towels, clothing, bars of soap, etc.)
5. Wash all workout gear after each practice in HOT water and detergent, dry on HOT
6. Let all equipment dry thoroughly before next use (**DO NOT LET IT SIT IN YOUR GYM BAG--dark and damp area perfect for breeding bacteria!**)
7. Wipe down all equipment after each practice/competition (**head gear, shoulder pads, etc.**)
8. Clean all practice surfaces with a bleach mixture or antimicrobial proven to kill MRSA

What does it look like?

