MRSA

Prevention Checklist for Coaches and Teams

- ☐ Exclude athletes from practice and games if wounds are not properly covered with a secure dressing during the activity.
- ☐ Determine a "time until return to competition" for infected athletes.
- ☐ Educate athletes, coaches and trainers to recognize infected wounds. Post reminder signs.
- ☐ Teach athletes to seek proper medical attention if infected. Ask for bacterial cultures to be performed to establish a diagnosis.
- ☐ Make liquid soap, warm water and paper towels available. Do not use bar soap.
- ☐ Sanitize weight room equipment daily including benches, bars, handles. Sanitize wrestling mats regularly.
- ☐ Locker room floors should be cleanable (avoid use of carpet).
- ☐ Clear outdoor playing fields of animal droppings.
- ☐ Sanitize lockers between seasons. Athletic gear collected at the end of the season should be sanitized and dried before storage.
- ☐ If an outbreak is suspected, evaluate all athletes and seek assistance.
- ☐ Use surface disinfectants properly. Do not use surface disinfectants on athlete's skin.
- ☐ Instruct athletes to wash athletic clothing after each use.
- ☐ Keep supplies for appropriate blood and body fluid cleanup, including gloves, paper towels, properly prepared disinfectant, and garbage bag.

Please call or visit website for more information ▸▸▸

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