

## **Information Regarding Staph Infections Friendswood Junior High**

Antibiotic-resistant bacteria currently pose a significant health threat. Students participating in sports tend to be exposed more often than other students. Several students have been diagnosed with staph infections this year. This information is provided to assist you in the control and prevention of staph infections and inform you of the precautions we are taking at the junior high to prevent the spread of the disease.

### **What is staph?**

- Staphylococcus aureus commonly causes boils and soft tissue infections, as well as more serious conditions such as pneumonia or blood stream infections.
- Usually occurs in the armpit, groin, genital areas and the inside of the nose.
- Occurs through direct physical contact of the staph bacteria with a break in the skin (cut or scrape) or during contact with inanimate objects soiled with wound drainage.
- Bacterium is NOT carried through the air and is not found in dirt or mud.
- MRSA, methicillin resistant staphylococcal aureus infection, is resistant to most antibiotics used to treat staph infections.

### **What is the school doing?**

- Showers, locker rooms, weight rooms are sprayed with a bleach solution daily.
- Towels and game jerseys are washed in hot water.
- Coaches met with players to explain all the information contained within this notice.

### **How can I prevent staph infections?**

Hand washing is the single most important behavior in preventing infectious diseases.

### **What is the proper way to wash my hands?**

1. Use warm water
2. Wet your hands and wrist.
3. Use bar or liquid soap.
4. Work soap into a lather.
5. Wash between fingers up to wrist and under fingernails for at least 15 seconds.
6. Dry using a clean towel.
7. Use alcohol-based sanitizer to wash hands if hand-washing facilities are not available.

### **When should I wash my hands?**

Wash Hands...

- ...after sneezing, blowing or touching your nose.
- ...after using the toilet.
- ...before leaving the athletic area.

### **What other precautions can I take?**

- Take home all practice clothes and wash daily. Wash your towels, uniforms, scrimmage shirts and any other laundry in hot water and ordinary detergent.
- Spray chin pads, guards, etc with a bleach solution.
- Keep your hands away from your nose and groin.
- Do NOT share towels, soap, lotion or other personal care items, even on the sidelines at games.
- Shower with soap and water as soon as possible after direct contact sports.
- Dry using a clean, dry towel.
- Use moisturizing lotion to prevent dry, cracked skin.

### **What do I do if I have a wound?**

Consider a wound infectious if there is any pus from the wound, especially if accompanied by fever, redness, or tenderness around the wound and see your doctor. Once the wound has no drainage and/or the treating physician clears you, then you can be considered non-infectious.

### **SEE A PHYSICIAN**

- A physician should examine the wound
- A culture and sensitivity test should be performed to determine what bacteria you have and what antibiotic would be most effective.
- Take all medication prescribed even after the infection seems to have healed.
- If a topical ointment is prescribed, apply as directed.
- Follow all directions the physician gives you.
- Inform your physician if you are not responding to treatment.

### **How to Care for Wounds at Home**

1. Keep the wound covered.
2. Avoid direct contact with others until wound is no longer draining.
3. Follow instructions by your physician on resuming your usual activities.
4. Wash your hands frequently, especially before and after changing bandages.
5. Dispose of all materials that come in contact with the wound in a separate plastic bag and close before disposing of in the household trash.
6. Use isopropyl alcohol to disinfect reusable materials, such as scissors or tweezers after each use.
7. All items that come in contact with the wound must be disinfected with a fresh (prepared daily) mix of one tablespoon of household bleach to one quart of water or a phenol containing product such as Lysol or Pine Sol. (Clorox towelettes also work great!)
8. Have a designated chair or area for sitting. It should be a hard surface or an easily cleaned plastic cover for easy disinfection. No one should sit there until the wound has healed completely.
9. Handle and launder all clothing, towels, and linens that come in contact with the wound separately from those of other members of the household. Use a separate hamper.
10. Articles that come in contact with the wound should be washed in hot water with the usual detergent.
11. Towels and linens should be changed daily.
12. Do not share ointments or antibiotics.

### **Sources of Information**

When in doubt of the correct procedure to follow, contact your healthcare provider, your local or regional health department, or the Texas Department of Health.

#### **Texas Dept. of Health**

[www.tdh.state.tx.us/ideas/factsht/factsht.htm](http://www.tdh.state.tx.us/ideas/factsht/factsht.htm)

#### **Centers for Disease Control and Prevention**

[www.cdc.gov/ncidod/hip/ARESIST/mrsa.htm](http://www.cdc.gov/ncidod/hip/ARESIST/mrsa.htm)

[www.cdc.gov/drugresistance/community/](http://www.cdc.gov/drugresistance/community/)

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