MRSA: PREVENTION

Being an athlete, you are at risk for methicillin-resistant Staphylococcus aureus (MRSA) infection any time your skin comes in contact with another person’s infected wound or through contact with their personal items. But you can reduce your risk by doing the following:

- Practicing good personal hygiene by washing your hands frequently with soap and water or using an alcohol-based hand rub frequently
- Showering immediately after exercising
- Using a towel or some other barrier between you and the surface of the pool deck or between you and equipment shared by others, such as gym equipment
- Showering before entering the pool
- Keeping any wounds covered
- Not sharing personal items with others, such as razors, footwear, towels or swim caps
- Wearing appropriate foot covering when on the pool deck, in locker rooms and showers
- Keeping any wounds covered and contained
- Staying out of the water until any wound and infection are healed

If you think you have MRSA:

- Tell your parent, coach or athletic trainer as soon as possible so that you can be treated.
- Don’t try to treat the infection yourself.
- Keep any wounds covered with a clean, dry bandage.
- Continue to follow prevention measures.